

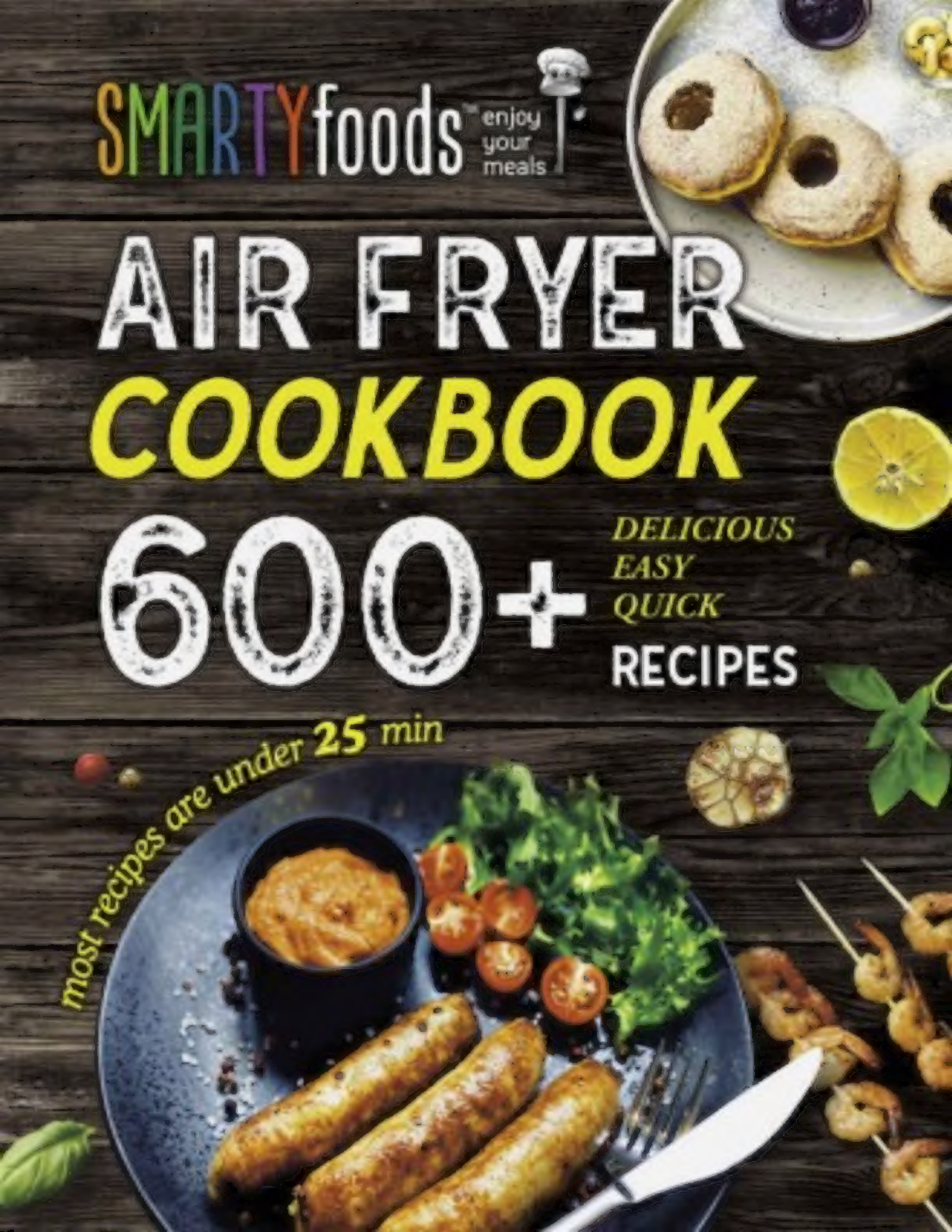
SMARTYfoods™ enjoy
your meals

AIR FRYER COOKBOOK

600+

DELICIOUS
EASY
QUICK
RECIPES

most recipes are under 25 min



Introduction

Cooking on hot air is a revolutionary way to meal prep which makes living easier.

“Air Fryer Cookbook 600+ recipes” is the book you were looking for decades. We gather here all the best and exciting recipes you can meet in American, Italian, French, and others cuisines.

This cookbook was created to give you a bit of inspiration and give you the new spectacular ideas for low-cal and low-fat recipes. All the single way of meal prep described here uses this innovative and universal appliance. Suddenly you will find that you have a huge variety of nourishing and delicious recipes that will change your life

“Enjoy your meals” these words breathe in the motivation for the Smarty-Foods team. Our goal is to make your life easier at least in the kitchen and inspire you to cook tasty dishes.

Contemporary and multitask life requires complete involvement in the process and you feel a lack of time to delight your family and yourself with some tasty dishes. Of course, you want the food to be healthy. That is why you use Air Fryer and that is why we created this cookbook!

So what are you waiting for? Get more from your Air Fryer and discover a healthy way to fry, grill, bake!

You can easily prep breakfast, lunch, or dinner with Air Fryer. To make dinner for a family or friends with tasty and beloved dishes is now really simple and quick!

That's great! It makes your life much easier and meal prep turns into a travel adventure!

Most of these recipes are so easy that anybody could cook even if you are a beginner!

Here are some tips on using Air Fryer:

- Preheat the Air Fryer. It is the key to get properly cooked foods;

- Use olive oil spray. For the best results, spray both sides of your food with a light spray of olive oil;

- Don't forget to flip to get the meal more browned and crisp. For smaller foods (vegetables for instance) just shake the basket for few times;

- Do not overcrowd the basket. Overcrowding prevents the hot air from circulating the food and keeps it from browning and turning crisp;

- Converting recipes to Air Fryer: just reduce the temperature by 20° to 50° F and cut frying time almost in half

Breakfast

Eggs from Yorkshire receipt

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>15 min</i>	<i>12 min</i>	<i>4</i>

Ingredients:

- ☐ 1 pound ground breakfast sausage
- ☐ 3tbspns flour
- ☐ 4 hard-boiled eggs, peeled
- ☐ 1 egg
- ☐ 1tbspn water
- ☐ ¾ cup panko bread crumbs
- ☐ Garlic powder (2g)
- ☐ Onion Powder (1g)
- ☐ Salt (2g)
- ☐ Black pepper (1 g)

Direction:

1. Mix the sausage and 1tbspnn flour in a bowl.
2. Divide the sausage mixture into 4 equal parts. Get1 hard-boiled egg in the center, then wrap the sausage around the egg, sealing completely. Repeat with remaining sausage parts and hard-boiled eggs.
3. In a small bowl, whisk the egg and water until smooth.

Place the remaining flour and bread crumbs into separate bowls large enough to dredge the sausage-wrapped eggs.

4. Dredge the sausage-wrapped eggs in the flour, then in the whisked egg, and finally coat in the bread crumbs.
5. Preheat air fryer at 380° for 10 minutes. Set the eggs on the bottom of your air fryer basket. Be sure to leave generous space around each one for air to circulate. Air-fry eggs for 12 minutes, turning halfway through for more even browning.

6. Remove from the basket and serve on a plate.

Serve with your favorite sauce and fresh vegetables.

ENJOY!

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
379	18.6g	20.2g	30.4g	2g	293mg

Delicious Toast with Strawberry

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>3 min</i>	<i>5 min</i>	<i>4</i>

Ingredients:

- 4 slices bread,
- ½-inch thick 1 cup sliced strawberries
- 1tspn sugar
- Cooking spray

Direction:

1. On a plate, place the bread slices.
2. Arrange the bread slices (sprayed side down) in the AirFryer basket. Evenly spread the strawberries onto them and sprinkle with sugar.
3. Put the AirFryer lid on and cook in the preheated AirFryer at 375°F for 5 min, or until the tops are covered with a beautiful glaze.
4. Remove from the basket and serve on a plate.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
40	0.6g	8.3g	0.9g	3.2g	0mg

Batata Chips with Cinnamon

Prep Time Time to cook Serv
7 min 15 min 7

Ingredients:

- 1 small sweet potato, cut into 3/8-inch slices
- 2 tbsps olive oil
- Ground cinnamon

Direction:

- 1.Preheat your air fryer to 375 degrees.
- 2.Peel and cut the sweet potatoes into skinny slices.
- 3.Sprinkle with the cinnamon and mix well.
4. Lay the potato slices in the AirFryer basket.

You may need to work in batches to avoid overcrowding.

5. Put the AirFryer lid on and cook in the AirFryer at 375°F for 15 minutes.

Shake the basket when the lid screen indicates 'TURN FOOD'
Cook for an additional 4 min or until fork-tender.

- 6.Remove from the basket and serve on a large dish lined with paper towels.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
44	4g	2.6g	0.2g	0.6g	0mg

Muffin Cups Cheddar Cheese

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>11 min</i>	<i>12 min</i>	<i>10</i>

Ingredients:

- pound all-natural pork sausage
- 3 eggs
- ¾ cup of milk

- 4 ounces grated Cheddar cheese
- 1 muffin mold
- Cooking spray

Direction:

1. On a clean work surface, slice the pork sausage into 2 ounce portions. Form each piece into a ball and smooth it gently with the palm of your hand.

2. Place the patties in the AirFryer basket and cook in the preheated AirFryer at 375 ° F for 6 minutes. Turn the patties when the message “TURN FOOD” appears on the lid screen during cooking.

3. Place the cutlets from the basket in a large dish lined with paper towels. Use a fork to crush them into small pieces. Set aside.

4. Line a muffin tray with ten paper liners. Spray the muffin tin lightly with cooking spray. Divide the crushed sausage evenly into ten muffin cups. Combine eggs with milk, pour into molds and sprinkle tops with cheese.

5. Place the muffin dish in the basket of the airfryer.

6. Place the lid on the airfoil fryer and cook in a preheated airfryer at 375 ° F for 6 minutes, until the top is golden and the toothpick inserted in the middle is clean. Remove from basket and let cool before serving.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
228	17.7g	2g	14.8g	1.8g	107mg

English Bacon Pancakes

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>11 min</i>	<i>4</i>

Ingredients:

- 4 English muffins
- Eight slices Canadian bacon

- 4 slices cheese
- Cooking spray

Direction:

1. On a clean work surface, cut each English muffin in half.
2. To assemble a sandwich, layer 2 slices of bacon and 1 cheese slice on the bottom of each muffin and put the other half of the bread on top. Repeat with remaining biscuits, bacon, and cheese slices.
3. Arrange the sandwiches in the AirFryer basket and spritz with cooking spray. You may need to work in batches to avoid overcrowding.
4. Put the AirFryer lid on and cook in the preheated AirFryer at 375°F for 8 min. Flip the sandwiches when it shows 'TURN FOOD' on the AirFryer lid screen during Time to cook. Let them cool for 3 min before serving.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
333	14.4g	26.5g	23.8g	2.2g	58mg

Lovely Cinnamon Biscuits

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>10 min</i>	<i>4</i>

Ingredients:

- 1 can (8-ounce) refrigerated biscuits
- 3 tbsps brown sugar
- ¼ cup white sugar
- ½ tspn cinnamon
- ⅛ tspn nutmeg
- 3 tbsps unsalted butter, melted

Direction:

1. On your cutting board, divide each biscuit into quarters.

2. In a mixing bowl, add the brown and white sugar, nutmeg, and cinnamon. Stir. Pour the melted butter into a medium bowl. Dip each biscuit in the melted butter, then in the sugar mixture to coat thoroughly.
3. Arrange the coated biscuits in a 6×6×2-inch baking pan and place the container into the AirFryer basket.
4. Put the AirFryer lid on and bake in batches in the preheated AirFryer at 350°F for 6 to 9 min until set. Transfer to a serving dish and cool for 5 min before serving.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
321	11.7g	50.9g	4.5g	23.8g	23mg

Easy Cheddar-Omelet

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>10 min</i>	<i>2</i>

Ingredients

- 2 eggs
- 2 tspn. Grated cheddar cheese
- 1 tspn. Soy sauce
- 1/2 onion, sliced
- 1/4 tspn. Pepper
- 1 tspn. Olive oil

Directions

1. Whisk the eggs along with the pepper and soy sauce.
2. 350 degrees preheat the AirFryer.
3. Heat the olive oil and add the egg mixture and the onion.
4. Cook for 8 to 10 min.
5. Top with the grated cheddar cheese.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
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169	13.8g	4.1g	8.2g	1.7g	171mg
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Soufflé Muffins

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	5 min	2

Ingredients:

- 3 eggs
- 2 tbspn. Heavy cream
- 1 pinch salt
- 1/4 tbspn. Paprika
- 1/4 tbspn. Ground turmeric

Directions:

1. Preheat the AirFryer to 360 f.
2. Beat the eggs and the heavy cream. Then sprinkle the egg mixture with the salt, paprika, and ground turmeric. Stir it carefully.
3. Pour the egg mixture into 2 ramekins.
4. Put the ramekins within the AirFryer basket and cook the soufflé for five min. When the soufflé is cooked – chill it for 3 min.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
152	12.3g	2g	8.8g	0.7g	266mg

Cheddar Cheese Eggs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	6 min	2

Ingredients:

- 4 eggs
- 1 pinch salt
- 3 ounces. Cheddar cheese, shredded
- 1 tbspn. Dill, minced
- 1/4 tbspn. Butter

Directions:

1. Preheat the AirFryer to 360 f.

2. Toss the butter in the AirFryer and melt it.
3. Beat the eggs in the melted butter.
4. Sprinkle the eggs with the salt and minced dill.
5. Cook the eggs for 4 min.
6. After this, sprinkle the eggs with the shredded cheese and cook them for 2 min more.
7. Transfer the cooked eggs to the serving plates.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
314	24.4g	2.1g	22g	0.9g	376mg

Crispy Cheesy Asparagus

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	10 min	4

Ingredients:

- ☐ 1 lb asparagus spears
- ☐ ¼ cup flour
- ☐ 1 cup breadcrumbs
- ☐ ½ cup Parmesan cheese, grated
- ☐ 2 eggs, beaten
- ☐ Salt and black pepper to taste

Directions:

1. Combines the breadcrumbs and Parmesan cheese in a bowl. Season with salt and pepper. Preheat Cuisinart on Air Fry function to 370 F. Line a baking sheet with parchment paper. Dip the asparagus spears into the flour first, then into the eggs, and finally coat with Parmesan crumbs.

2. Arrange them on the AirFryer Basket, fit in the baking sheet, and cook for about 8-10min. Serve with melted butter, hollandaise sauce, or freshly squeezed lemon.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
212	5.3g	30.2g	11.9g	4g	87mg

Lovely Bacon Canapes

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
8 min	10 min	2

Ingredients:

- ☐ 4 eggs, boiled
- ☐ 4 bacon slices
- ☐ 1 pinch salt
- ☐ 1 pinch cayenne pepper
- ☐ 1 pinch paprika
- ☐ 1/2 tspn. Canola oil

Directions:

1. Peel the boiled eggs.
2. Sprinkle the bacon slices with the salt, cayenne pepper, and paprika.
3. Preheat the AirFryer to 360 f.
4. Put the bacon slices in the AirFryer rack and cook for 5 min.
5. After this, chill the bacon.
6. Wrap the peeled eggs in the bacon slices and secure them gently with the toothpicks. After this, put the wrapped eggs in the AirFryer basket and sprinkle with the canola oil.
7. Cook the bacon eggs for 5 min more.
8. The eggs are cooked – when the surface of the bacon is a little bit crunchy – the meal is prepared.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
363	28.2g	1.4g	25.2g	0.7g	369mg

Flavorous Breaded Cauliflowers

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10 min	4

Ingredients:

- ☐ 4 cups cauliflower florets
- ☐ 1 tspn butter, melted ¼ cup alfredo sauce
- ☐ 1 cup breadcrumbs
- ☐ 1 tspn sea salt

Directions:

1. Whisk the alfredo sauce along with the butter.
2. In a shallow bowl, combine the breadcrumbs with the sea salt.
3. Dip each cauliflower floret into the alfredo mixture first, and then coat in the crumbs. Drop the prepared florets into the AirFryer basket.
4. Fit in the baking tray. Set the temperature to 380 F and cook for 15 min on Air Fry function.
5. Shake the florets twice during cooking. Serve.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
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157	4.4g	24.7g	5.6g	4.1g	8mg
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Baby Kale Barley

Prep Time Time to cook Serv
10 min 18 min 4

Ingredients:

- ☐ 1 cup pearl barley
- ☐ 4 ounces baby kale
- ☐ 4 cups vegetable broth
- ☐ 1/4 cup onion, minced
- ☐ 1 tbspn olive oil
- ☐ 1/2 tbspn sea salt

Directions:

1. Add oil into the AirFryer and set the container on sauté mode.
2. Add onion and barley and sauté for 3 min.
3. Add broth and salt and stir everything well.
4. Cook on manual high pressure for 15 min and seal pot with a lid.
5. Once done, then allow to extrication pressure naturally then open the lid.
6. Add kale and stir until kale is wilted.
7. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
262	5.6g	43.4g	10.9g	1.4g	0mg

Swedish Waffles

Prep Time5 min Time to cook 21 min Serv 3

Ingredients:

- ☐ 3 whole eggs
- ☐ 1 cup whole grounded wheat flour
- ☐ Substitutes: oat flour
- ☐ 1 cup almond milk
- ☐ Pinch of salt
- ☐ 2 heaping tbspns unsweetened applesauce

Directions:

1. Preheat your AirFryer to 360F.
2. Put all together with the ingredients in a food processor or blender and blend until the mixture turns into a smooth batter.
3. Pour a ½ cup of the batter in a small cast iron tray or ramekin.
4. Place the tray or ramekin in the basket of your preheated Air Fry at 360°F for 4 minutes. Flip the waffles over and continue for another 1-3 minutes or until to your preferred doneness. Repeat the process with the remaining batter.
5. Serve immediately and garnish with your favorite berries or other fruit.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
387	24.2g	35g	12.9g	4.2g	164mg

Cinnamon French Toast

Prep Time: 5 Min

Time to cook: 6 Min

Serv: 2

Ingredients:

- 4 slices of bread
- 2 eggs
- ¾ cup of milk
- 1 tspn of vanilla
- 1 tbspn of cinnamon

Directions:

1. 1. Preheat your AirFryer to 340 F.
2. 2. Place all ingredients except for the bread in a medium bowl and use a fork to mix them.
3. 3. Make sure everything is well combined, and toe egg is broken up.
4. 4. Dip the bread in the liquid mixture and shake off any extra liquid.
5. 5. Spray an AirFryer safe pan with cooking spray and place the bread in the pan
6. 6. Cook for 3 minutes at 340 F. Flip and cook an additional 3 minutes until the french toast sticks are golden brown.
7. 7. Serve immediately.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
166	6.7g	16.5g	9.7g	5.1g	170mg

Quick And Simple Donuts

Prep Time	Time to cook	Serv

9 min

7 min

6

Ingredients:

- ☐ 1 can make flaky pre-made biscuit dough
- ☐ 1/2 cup white sugar
- ☐ 1 tspn cinnamon
- ☐ Coconut oil
- ☐ Melted butter

Directions:

1. Sprinkle the basket of your AirFryer with cooking spray and preheat it to 350F. Separate the dough into individual biscuits.
2. Cut a hole within the center of every donut with an effort glass or biscuit cutter.
3. Place half the dough in your preheated AirFryer and then the metal holder.
4. Place the remaining mixture on the metal holder and set the timer for 4 to 5 min.
5. Mix the cinnamon and sugar in a bowl.
6. Use a brush to coat the cooked donuts with the melted butter.
7. Coat the donuts with the cinnamon and sugar mixture.
8. Allow the donuts to cool for a couple of min before serving.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
307	13.5g	44.4g	3.6g	18.7g	6mg

☐
Lovely Potato Gratin

Prep Time	Time to cook	Serv
15 min	20 min	3

Ingredients:

- ☐ 1 pound potato, peeled
- ☐ 2 ounces milk
- ☐ 2 ounces cream
- ☐ Ground pepper
- ☐ Nutmeg to taste
- ☐ 2 ounces cheese, grated

Directions:

1. Slice potatoes.
2. Take the large bowl and combine milk and cream. Season to taste with salt, ground pepper, and nutmeg.
3. Cover the potato slices with milk mixture.
4. Preheat the AirFryer to 370°F.
5. Transfer covered potato slices to the quiche pan. Pour the rest of the milk mixture on the top of the potatoes.
6. Evenly cover the potatoes with grated cheese.
7. Place the quiche pan into the AirFryer and cook for 15-20 min until nicely golden.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
251	11g	30g	9g	3.7g	36mg

AirFryer Toast With Cheese

Prep Time	Time to cook	Serv
10 min	4 min	2

Ingredients:

- 4 Slices of good crusty bread or regular sandwich bread
- 4 slices of cheddar cheese

Directions:

1. First, toast the dough in the toaster. Once toasted spread the butter on bread pieces. Cover with grated cheese. Preheat the AirFryer to 350°F
2. Place covered bread slices into the Fryer and cook for 3-4 min
3. Serve with your favorite sauce or without it.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
366	20.6g	28.7g	17.9g	4.3g	59mg

French Omelet Spinach and Cheese

Prep Time	Time to cook	Serv
5 min	8 min	2

Ingredients:

- □ 4 large eggs
- □ ½ cup Cheddar cheese, shredded
- □ 3 tbsps fresh spinach, minced
- □ Salt to taste
- □ 2 ounces cheese, grated
- □ Salt and ground black pepper

Directions:

1. In the large bowl, whisk the eggs.

2. Place the eggs during a flat oven-safe form.
3. Stir in shredded cheese and spinach, and season with salt.
4. Preheat the AirFryer to 380 F and cook for about 7-8 min, until ready.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
314	22.1g	4.1g	24.4g	2.8g	416mg

Delicious Breakfast Cheesy Topping Potatoes

Prep Time	Time to cook	Serv	
6 min	20 min	4	

Ingredients:

- ☐ 4 large eggs
- ☐ ½ cup Cheddar cheese, shredded
- ☐ 3 tbsps fresh spinach, minced
- ☐ Salt to taste
- ☐ 1 tbsps chives, minced
- ☐ 2 ounces cheese, grated
- ☐ Salt and ground black pepper

Directions:

1. Prepare 4 medium-sized potatoes, wash them, and dry with kitchen towels. Stab potatoes with a fork so that they can breathe.
2. Preheat the AirFryer at 370 F. Place potatoes into the Fryer basket and cook for 15 min, until tender and golden.
3. Meanwhile, prepare your filling. In the medium mixing bowl, combine sour cream with grated cheese and chives until it is equally mixed.
4. When the jacket potatoes are cooked, open them up and spread with butter followed by your topping mixture.
5. Enjoy!

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
186	12.5g	3.5g	14.6g	2.4g	215mg



Avocado And Baked Eggs

Prep Time	Time to cook	Serv

20 min

15 min

2

Ingredients:

- ☐ 1 large avocado halved
- ☐ 2 eggs
- ☐ 4 grape tomato halved
- ☐ 2 tspn chives, minced
- ☐ A pinch of sea salt and black pepper

Directions:

1. Cut avocado in half length-wise.
2. Remove the pit and widen the hole in each half by scraping out the avocado flesh with the help of the spoon.
3. Place avocado halves in a small ovenproof baking dish cut side up.
4. Beat an egg into each half of avocado.
5. Season with salt and pepper.
6. Cook for about 10-15 min at 370°F into the AirFryer.
7. Top with grape tomato halves and chives. Enjoy!

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
301	24.3g	16.1g	9.1g	5.7g	164mg

Braekfast Vanilla Toasts

Prep Time	Time to cook	Serv
5 min	5 min	5

Ingredients:

- ☐ Ten medium bread slices
- ☐ 1 pack salted butter
- ☐ 4 tbspsn sugar
- ☐ 2 tspns ground cinnamon
- ☐ ½ tspn vanilla extract

Directions:

1. Place salted butter to a bowl and add sugar, cinnamon, and seasoning.
2. Mix well and spread the mixture over bread slices.
3. Preheat the AirFryer to 380 F and place bread slices to a fryer.
4. Cook for 4-5 min and serve hot!

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
382	18.3g	48.4g	8.2g	11.7g	49mg

Scottish Spinach Frittata

Prep Time	Time to cook	Serv
5 min	16 min	2

Ingredients:

- ☐ 1 small onion, diced
- ☐ 1/3 pack (4ounces) spinach
- ☐ 3 eggs, beaten
- ☐ 3 ounces mozzarella cheese
- ☐ 1 tbspn olive oil
- ☐ Salt and pepper to taste

Directions:

1. Preheat the AirFryer to 370 F
2. In a baking pan, heat the oil for about a 1 min.
3. Add diced onions into the pan and cook for 2-3 min.
4. Add spinach and cook for about 3-5 min to about half baked. They may look a bit dry, but it is ok, just keep frying with the oil.
5. In the large bowl, whisk the beaten eggs, season with salt and pepper, and sprinkle with cheese. Pour the mixture into a baking pan.
6. Place the pan in the AirFryer and cook for 6-8 min or until cooked.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
302	21.3g	7.4g	22.3g	2.2g	268mg

Tasty Cheesy Potatoes With Garlic

Prep Time	Time to cook	Serv
10 min	40 min	8

Prep Time Time to cook Serv
10 min 40 min 8

Ingredients:

- ☐ ¼ cup garlic butter, melted
- ☐ 4 sweet potatoes halved lengthwise
- ☐ ¾ cup Mozzarella cheese, shredded
- ☐ ½ cup Parmesan cheese, grated
- ☐ 2 tbsps parsley, minced
- ☐ Sea salt and black pepper, to taste

Directions:

1. Brush potatoes with garlic butter and season well with salt and pepper. Place cut side down on a greased baking pan.

2. Position the baking pan in Rack Position 2 and select the Bake setting. Set the temperature to 425 F and the time to 30 min.
3. Remove from the oven, flip and top with parsley, Mozzarella and parmesan.
4. Select the Broil setting. Set the temperature to Broil and the time to 2 min. Season well and serve.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
79g	1.7g	13.4g	2.9g	2.7g	4mg

German Beef & Egg Scramble

Prep Time	Time to cook	Serv
10 min	35 min	2

Ingredients:

- ☐ Salt and pepper to taste
- ☐ Eight large eggs, beaten
- ☐ 3 cloves of garlic, diced
- ☐ 1-pound ground beef, 85% lean
- ☐ 1 onion, minced
- ☐ 1 green bell pepper, seeded and minced

Directions:

1. Preheat the AirFryer at 400 F.
2. In a baking dish that fits your AirFryer mix the ground beef, onion, garlic, olive oil, and bell pepper. Season with salt and pepper to taste.
3. Place dish in AirFryer and cook for 10 min.
4. Open the AirFryer, mix and crumble beef well.
5. Put in the beaten eggs and give a good stir.
6. Continue cooking for 25 min at 330 F.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
820	54.5g	12.7g	69.2g	6.9g	896mg

Sour Cream Zucchini Bake With Garlic

Prep Time	Time to cook	Serv
5 min	20 min	3

Ingredients:

- ☐ 1/4 cup grated Parmesan cheese
- ☐ paprika to taste
- ☐ 1 tbspn diced garlic

- ☐ 1 large zucchini cut lengthwise then in half
- ☐ 1 cup sour cream
- ☐ 1 (8 ounces) package cream cheese, softened

Directions:

1. Lightly grease a dish that fits in your AirFryer with cooking spray.
2. Place zucchini slices in a single layer in dish.
3. In a bowl whisk well, remaining Ingredients: except for paprika. Spread on top of zucchini slices. Sprinkle paprika.
4. Cover dish with foil.
5. For 10 min, cook on 390oF.
6. Remove foil and cook for 10 min at 330oF.
7. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
465	43.6g	10g	11.1g	2.2g	120mg

Scandinavian Trout Omelette

Prep Time	Time to cook	Serv
5 min	15 min	4

Ingredients

- ☐ Salt and pepper to taste
- ☐ Six eggs, beaten
- ☐ 2 tbsps olive oil
- ☐ 2 tbsps coconut oil
- ☐ 2 fillets smoked trout, shredded
- ☐ 1 onion, minced

Directions:

1. Preheat the AirFryer for 5 min.
2. Place all ingredients in a mixing bowl until well-combined.
3. Put into a baking dish that will fit in the AirFryer.
4. Cook for 15 min at 400F.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
307	24.2g	3.1g	19.1g	1.7g	257mg

Tasty Egg Bowls

Prep Time	Time to cook	Serv

2 min	10 min	4
Ingredients		

- ☐ Salt and pepper to taste
- ☐ 4 eggs, beaten
- ☐ 3 tbspsn butter
- ☐ 1 bacon strip, fried and crumbled
- ☐ ¼ cup spinach, minced finely

Directions:

1. Preheat the AirFryer to 350oF.
2. Combine the eggs, butter, and spinach in a mixing bowl. Season with salt and pepper to taste.
3. Grease 4 ramekins with cooking spray and evenly pour the egg mixture into ramekins.
4. Sprinkle with bacon bits.
5. Place the ramekins in the AirFryer. If needed, cook in batches.
6. Cook for 10 min.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
165	15.3g	0.4g	6.7g	0.4g	187mg

Fabulous Spanish Chorizo Scrambled Eggs

Prep Time	Time to cook	Serv
3 min	15 min	2

Ingredients

- ☐ A dash of Spanish paprika
- ☐ A dash of oregano
- ☐ 3 large eggs, beaten
- ☐ 1 tbspsn olive oil
- ☐ ½ zucchini, sliced
- ☐ ½ chorizo sausage, sliced

Directions:

1. Preheat the AirFryer to 350 F.
2. Put the ingredients all together in a bowl until well-incorporated.
3. Pour into a greased baking dish that will fit in the AirFryer basket.
4. Place the baking dish in the AirFryer.
5. Close and cook for 15 min.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
208	17g	4.3g	11.9g	1.4g	285mg

Easy AirFryer Omelet With Beef

Prep Time	Time to cook	Serv
3 min	35 min	4

Ingredients

- ☐ Salt and pepper to taste
- ☐ 3 eggs, beaten
- ☐ 3 cloves of garlic, diced
- ☐ 1 tbspn olive oil
- ☐ 1 onion, minced
- ☐ ½ pound ground beef

Directions:

1. Preheat the AirFryer to 400F.
2. Place a dish inside the AirFryer basket, and grease with oil. Add onion and garlic. Cook for 3 min.
3. Add beef and cook for 10 min. Stirring halfway through Time to cook.
4. Combine the left of the ingredients in a mixing bowl.
5. Once the beef is d1 cooking, crumble, and evenly spread on the bottom of the dish. Pour egg mixture on top.
6. Cook for 20 min at 320 F.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
197	10.4g	3.6g	21.8g	1.4g	173mg

Cheesy Noodles With Zucchini

Prep Time	Time to cook	Serv
15 min	25min	3

Ingredients

- ☐ 4 cups zucchini noodles
- ☐ 1/2 cup parmesan cheese, grated
- ☐ Season with salt and black pepper (optional)
- ☐ 1 clove of garlic
- ☐ 1/2 onion
- ☐ thyme to taste (if you like)
- ☐ 1 egg

Directions

1. Preheat the AirFryer to 350 F.
2. Add spiralized zucchini and salt in a colander and set aside for 10 min.
3. Wash zucchini noodles and pat dry with a paper towel.

4. Heat oil in a pan over medium heat. Add garlic and onion and sauté for 3-4 min.
5. Add zucchini noodles and cook for 4-5 min or until softened.
6. Add zucchini mixture into the AirFryer baking pan. Add egg, thyme, chees. Mix well and season.
7. Place pan in the AirFryer and cook for 10-15 min.
8. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
111	5.7g	7.3g	9.7g	3.2g	68mg

Mushroom and Coconut Cream Frittata

Prep Time	Time to cook	Serv
5 min	20 min	4

Ingredients

- ☐ Salt and pepper to taste
- ☐ Eight eggs, beaten
- ☐ 2 tbsps butter
- ☐ 1 tspn onion powder
- ☐ 1 cup coconut cream
- ☐ ½ cup mushrooms, minced

Directions:

1. Preheat the AirFryer to 320F.
2. Combine the eggs, butter, and coconut cream in a mixing bowl.
3. Pour in a baking dish together with the mushrooms and onion powder.
4. Season with salt and pepper to taste.
5. Place in the AirFryer chamber and cook for 20 min.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
319	28.9g	4.8g	12.8g	3g	343mg

Breakfast Chicken Strips

Prep Time	Time to cook	Serv
7 min	12 min	4

Ingredients

- ☐ 1 tspn paprika
- ☐ 1 tbspn cream
- ☐ 1 lb. chicken fillet
- ☐ ½ tspn salt
- ☐ ½ tspn black pepper

Directions:

1. Cut the chicken fillet into strips.
2. Sprinkle the chicken fillets with salt and pepper.
3. Preheat the AirFryer to 365°F.
4. Place the butter in the air basket tray and add the chicken strips.
5. Cook the chicken strips for 6-min.
6. Turn the chicken strips to the other side and cook them for an additional 5-min. After pieces are cooked, sprinkle them with cream and paprika, then transfer them to serving plates.
7. Serve warm

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
220	8.7g	0.6g	32.9g	0.1g	102mg

Nourishing Salmon Breakfast

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
6 min	10 min	2

Ingredients:

- 1 lb. salmon, minced
- 2 cups feta, crumbled
- 4 bread slices
- 3 tbsps pickled red onion
- 2 cucumbers, sliced

1 carrot, shredded

Directions:

1. Add salmon and feta to a bowl.
2. Add carrot, red onion, and cucumber and mix well. In an oven-safe tray, make a layer of bread and then pour the salmon mix over it.
3. Cook in your AirFryer at 300°F for 10 -min.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
872	52.2g	39.2g	69.8g	13.6g	234mg

English Breakfast

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
2 min	10 min	4

Ingredients:

- 4 eggs
- 1/3 cup ham, cooked and minced into small pieces
- 1/3 cup bacon, cooked, cut into small pieces
- 1/3 cup cheddar cheese, shredded

Directions:

1. Get a mixing bowl whisk the eggs, add the ham, bacon, and cheese and stir until well combined. Add to a baking pan that is sprayed with cooking spray.
2. Preheat the AirFryer to 300°F and a cook time of 10-min.
3. Place pan into AirFryer then remove when Time to cook is completed and serve warm.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
183	13.4g	1.1g	14.2g	0.4g	193mg

Ham with Eggs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
2 min	8 min	4

Ingredients:

- 1 lb. of spinach, minced
- 7 ounces sliced ham
- 4 eggs
- 1 tbspn olive oil
- 4 tbsps milk
- Salt and pepper to taste

Directions:

1. Preheat your AirFryer to 300°F for a cook time of 10-min.
2. Butter the inside of 4 ramekins. In each ramekin, place spinach on the bottom, ham, 1 egg, 1 tbspn of milk, salt, and pepper.
3. Put some ramekins in the AirFryer basket and cook for 8-min.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
208	12.9g	7.1g	17.5g	1.5g	193mg

Keto Air Bread

Prep Time Time to cook Serv
10 min 25 min 6

Ingredients

- 1 cup almond flour
- ¼ sea salt
- 1tspn baking powder
- ¼ cup butter
- 3 eggs

Directions:

1. Crack the eggs into a bowl then using a hand blender mix them up. Melt the butter at room temperature.

2. Take the melted butter and add it to the egg mixture. Add the salt, baing powder, and almond flour to egg mixture and knead the dough.

3. Cover the prepared dough with a towel for 10-min to rest. Meanwhie, preheat your AirFryer to 360°F.

Shape the dough into a shape you like (something that looks like a small oval loaf) and place in the AirFryer tin and cook the bread for 10-min. Reduce the heat to 350°F and bake the food for an additional 15-min.

4. Use a toothpick to make sure the dough is cooked. Transfer the bread to a wooden board to allow it to chill. Once the food has chilled, then slice and serve it.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
212	18.7g	4.6g	6.9g	0.2g	102mg

Wonderful Pumpkin Toast

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
9 min	20 min	4

Ingredients:

1. 2 large, beaten eggs
2. 4 slices of cinnamon swirl bread
3. ¼ cup milk
4. ¼ cup pumpkin purée
5. ¼ tspn pumpkin spices
6. ¼ cup butter

Directions:

7. In a large mixing bowl, mix milk, eggs, pumpkin purée, and pie spice. Whisk until the mixture is smooth. In the egg mixture, dip the bread on both sides. Place rack inside of

the AirFryer's cooking basket. Place 2 slices of dough onto the tray. Set the temperature to 340°F for 10-min. Serve pumpkin pie toast with butter.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
230	15.8g	17.3g	5.9g	5.4g	125mg

Minced Tomato Scrambled Eggs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>10 min</i>	<i>2</i>

Ingredients:

- 2 eggs
- 1 tomato, minced
- Dash of salt
- 1tspn butter
- ¼ cup cream

Directions:

1. In a bowl, whisk the eggs, salt, and cream until fluffy.
2. Preheat AirFryer to 300°F.
3. Add butter to baking pan and place it into a preheated AirFryer.
4. Once the butter is melted, add the egg mixture to baking pan and tomato then cook for 10-min. Whisk the eggs until fluffy then serve warm.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
105	8g	2.5g	6.1g	1.8g	174mg

Breakfast Spinach Eggss

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>15 min</i>	<i>2</i>

Ingredients:

- 2 eggs
- 2 tbspns cheddar cheese, grated
- Salt and pepper to taste
- 1 ham slice, cut into 2 pieces
- 4 bread slices, flatten with a rolling pin

Directions:

1. Spray the inside of 2 ramekins with cooking spray.
2. Place 2 flat pieces of bread into each ramekin.
3. Add the ham slice pieces into each ramekin.
4. Crack an egg in each ramekin then sprinkle with cheese.

Season with salt and pepper.

5. Place the ramekins into AirFryer at 300°F for 15-min.

Serve warm.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
162	8.5g	10.1g	11g	1.2g	179mg

Sandwich with Cheese

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
2 min	6 min	1

Ingredients:

- ☐ 1-2 eggs
- ☐ 1-2 slices of cheddar or Swiss cheese
- ☐ A bit of butter
- ☐ 1 roll sliced in half (your choice), Kaiser bun, English muffin, etc.

Directions:

1. Butter your sliced roll on both sides. Place the eggs in an oven-safe dish and whisk.

Add seasoning if you wish, such as dill, chives, oregano, and salt.

2. Place the egg dish, roll, and cheese into the AirFryer.
3. Make sure the buttered sides of the roll are facing upwards. Set the AirFryer to 390°F with a cook time of 6-min. Remove the ingredients when cook time is completed by AirFryer.
4. Place the egg and cheese between the pieces of roll and serve warm.
5. You might like to try adding slices of avocado and tomatoes to this breakfast sandwich!

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
539	30.6g	33.7g	31.8g	2.4g	

389mg

Dance of Pepper and Eggs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	13 min	2

Ingredients:

- ☐ 4 eggs
- ☐ 1 bell pepper, halved and remove seeds
- ☐ Pinch of red pepper flakes
- ☐ Pepper
- ☐ Salt

Directions:

1. Put the egg on the bowl and crack 2 eggs into each bell pepper half.
2. Season with red pepper flakes, pepper, and salt.
3. Place bell pepper halves into the AirFryer basket and cook at 390 F for 13 min.
4. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
145	8.9g	5.3g	11.7g	3.7g	327mg

Tasty Omelette with Sausages

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	8 min	4

Ingredients:

- ☐ Six eggs
- ☐ 1 cup cheddar cheese, shredded
- ☐ 3/4 cup coconut milk
- ☐ Six sausages, cooked and crumbled
- ☐ Pepper
- ☐ Salt

Directions:

1. Spray 4 AirFryer safe ramekins with cooking spray and set aside.
2. In a mixing bowl, whisk eggs with coconut milk, cheese, pepper, and salt. Add sausage and Stir.
3. Pour egg mixture into the prepared ramekins.
4. Place ramekins into the AirFryer basket and cook at 320 F for 8 min or until eggs are cooked.
5. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
527	46.1g	4g	25.9g	2.3g	318mg

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Amazing Breakfast Muffins

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	5 min	4

Ingredients:

- 4 eggs
- 1/4 cup cheddar cheese, shredded
- 1/4 cup heavy cream
- Pepper
- Salt

Directions:

1. Get a bowl and whisk eggs with heavy cream, cheese, pepper, and salt.
2. Pour egg mixture into the 4 silic1 muffin molds.
3. Place muffin molds into the AirFryer basket and cook at 350 F for 5 min.
4. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
117	9.5g	0.7g	7.5g	0.4g	181mg

Italian Eggs with Cheddar

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	5 min	6

Ingredients:

- 4 eggs
- 1/4 cup cheddar cheese, shredded
- 4 tbspn almond milk
- Pepper
- Salt

Directions:

1. Spray egg bite mold with cooking spray and set aside.
2. In a bowl, whisk eggs with cheese, milk, pepper, and salt.
3. Pour egg mixture into the prepared mold.
4. Place the mold into the AirFryer basket and cook at 330 F for 5 min. Make sure eggs are lightly browned in color on top.

5. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
84	6.9g	0.9g	5.1g	0.6g	114mg

Good Egg Bake with Cheese

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	5 min	1

Ingredients:

- ☐ 2 eggs
- ☐ 1 tbspn parmesan cheese, grated
- ☐ 2 tbspn cheddar cheese, shredded
- ☐ 2 tbspn heavy cream
- ☐ Pepper
- ☐ Salt

Directions:

1. Spray ramekin dish with cooking spray and set aside.
2. In a small bowl, whisk eggs with parmesan cheese, cheddar cheese, heavy cream, pepper, and salt.
3. Pour egg mixture into the prepared ramekin dish.
4. Place ramekin dish into the AirFryer basket and cook at 330 F for 5 min.
5. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
347	28.5g	2.8g	21.2g	0.8g	398mg

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Egg Frittata in Western Style

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	6 min	2

Ingredients:

- ☐ 4 eggs
- ☐ 1/3 cup cheddar cheese, shredded
- ☐ Pepper
- ☐ Salt

Directions:

1. Spray AirFryer safe pan with cooking spray and set aside.

2. In a small bowl, whisk eggs with cheese, half and half, pepper, and salt.
3. Pour egg mixture into the prepared pan.
4. Place pan in the AirFryer basket and cook at 320 F for 6 min.
5. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
202	15g	1g	15.8g	0.8g	347mg

Yummy Ham Egg Scramble

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	5 min	4

Ingredients:

- ☐ 4 eggs
- ☐ 1/2 cup cheddar cheese, shredded
- ☐ 4 tbspn heavy cream
- ☐ 1/2 cup ham, diced
- ☐ Pepper
- ☐ Salt

Directions:

1. With cooking spray, spray 4 ramekins and set aside.
2. In a small bowl, whisk eggs with cheese, heavy cream, ham, pepper, and salt.
3. Pour egg mixture into the prepared ramekins.
4. Place ramekins into the AirFryer basket and cook at 300 F for 5 min.
5. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
199	16.1g	1.6g	12.2g	0.4g	209mg

Healthy Cream Scramble

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10 min	4

Ingredients:

- ☐ 4 eggs
- ☐ 1/4 tbspn red chili pepper
- ☐ 4 tbspn cream
- ☐ Pepper
- ☐ Salt

Directions:

1. Preheat the color AirFryer to 390 F.
2. With cooking spray, spray 4 ramekins and set aside.
3. In a bowl, whisk eggs with red chili pepper, cream, pepper, and salt.
4. Pour egg mixture into the prepared ramekins.
5. Place ramekins into the AirFryer basket and cook for 10 min.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
71	5.1g	0.8g	5.7g	0.6g	166mg



Hearty Breakfast

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	5 min	2

Ingredients:

- ☐ 2 eggs
- ☐ 1 avocado, cut in half and remove the seed
- ☐ Pinch of red pepper flakes
- ☐ Pepper
- ☐ Salt

Directions:

1. Break 1 egg into each avocado half. Season with red pepper flakes, pepper, and salt.
2. Place avocado halves into the AirFryer basket and cook at 400 F for 5 min or until eggs are cooked. Check after 5 min.
3. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
268	24g	9.1g	7.5g	0.9g	164mg



Miracle Spinach Omelette

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	8 min	2

Ingredients:

- ☐ 3 eggs
- ☐ 1/2 cup cheddar cheese, shredded
- ☐ 2 tbspn spinach, minced
- ☐ Pepper
- ☐ Salt

Directions:

1. Spray AirFryer safe pan with cooking spray and set aside.
2. In a bowl, whisk eggs with cheese, spinach, pepper, and salt.
3. Pour egg mixture into the prepared pan.
4. Place pan into the AirFryer basket and cook at 390 F for 8 min.
5. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
209	15.9g	1g	15.4g	0.7g	275mg

Savory Egg Omelet

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	8 min	1

Ingredients:

- ☐ 3 eggs
- ☐ 1 cup spinach, minced
- ☐ 1 small onion, diced
- ☐ 2 tbspn mozzarella cheese, grated
- ☐ Pepper
- ☐ Salt

Directions:

1. Preheat the AirFryer to 350 F.
2. Spray AirFryer pan with cooking spray.
3. In a bowl, whisk eggs with remaining ingredients until well combined.
4. Pour egg mixture into the prepared pan and place pan in the AirFryer basket.
5. Cook frittata for 8 min or until set.
6. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
384	23.3g	10.7g	34.3g	4.1g	521mg

Easy Egg Frittata

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	8 min	2

Ingredients:

- ☐ 2 eggs
- ☐ 1/4 tbspn chili pepper

- ☐ 2 tbspn heavy cream
- ☐ 1/4 tbspn pepper
- ☐ 1 tbspn parsley, minced
- ☐ Salt

Directions:

1. In a bowl, whisk eggs with remaining gradients.
2. Spray 2 ramekins with cooking spray.
3. Pour egg mixture into the prepared ramekins and place into the AirFryer basket. Cook soufflé at 390 F for 8 min.
4. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
118	10g	1.6g	6g	0.5g	184mg

Egg Frittata withVegetables

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	20 min	4

Ingredients:

- ☐ 4 large eggs
- ☐ 1 tbspn onion powder
- ☐ 1 tbspn garlic powder
- ☐ 1 tbspn red pepper, crushed
- ☐ 1/2 cup broccoli florets, minced
- ☐ 1/2 cup mushrooms, minced

Directions:

1. Spray 4 ramekins with cooking spray and set aside.
2. In a bowl, whisk eggs with onion powder, garlic powder, and red pepper.
3. Add mushrooms and broccoli and Stir.
4. Pour egg mixture into the prepared ramekins and place ramekins into the AirFryer basket. Cook at 350 F for 15 min. Make sure souffle is cooked if souffle is not cooked then cook for 5 min more.
5. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
100	5.2g	6.6g	7.7g	3.4g	186mg

Tender Zucchini Gratin

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>

<i>10 min</i>	<i>24 min</i>	<i>4</i>
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Ingredients:

- ☐ 1 large egg, lightly beaten
- ☐ 1 1/4 cup unsweetened almond milk
- ☐ 3 medium zucchinis, sliced
- ☐ 1 tbspn Dijon mustard
- ☐ 1/2 cup nutritional yeast
- ☐ 1 tbspn sea salt

Directions:

1. Preheat the AirFryer to 370 F.
2. Arrange zucchini slices in the AirFryer baking dish.
3. In a saucepan, heat almond milk over low heat and stir in Dijon mustard, nutritional yeast, and sea salt. Add beaten egg and whisk well.
4. Pour sauce over zucchini slices.
5. Place dish in the AirFryer and cook for 20-24 min.
6. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
127	3.9g	15g	13g	2.7g	47mg

Sophisticated Cheese Tart

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>16 min</i>	<i>4</i>

Ingredients:

- ☐ 8 eggs
- ☐ 1 1/2 cups heavy cream
- ☐ 1 lb cheddar cheese, grated
- ☐ Pepper
- ☐ Salt

Directions:

1. Preheat the AirFryer to 325 F.
2. In a bowl, whisk together cheese, eggs, cream, pepper, and salt.
3. Spray AirFryer baking dish with cooking spray.
4. Pour egg mixture into the prepared dish and place in the AirFryer basket.
5. Cook for 16 min or until the egg is set.
6. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
738	63g	3.4g	40.2g	1.3g	508mg

Piquant Parmesan Casserole

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	20 min	3

Ingredients:

- 5 eggs
- 2 tbspn heavy cream
- 3 tbspn chunky tomato sauce
- 2 tbspn parmesan cheese, grated

Directions:

1. Preheat the AirFryer to 325 F.
2. In mixing bowl, combine together cream and eggs.
3. Add cheese and tomato sauce and mix well.
4. Spray AirFryer baking dish with cooking spray.
5. Pour mixture into baking dish and place in the AirFryer basket.
6. Cook for 20 min.
7. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
159	12g	2g	10.9g	1.1g	290mg

Scrambled Eggs with Cottage Cheese and Spinach

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	20 min	4

Ingredients:

- 3 eggs
- 1/4 cup coconut milk
- 1/4 cup parmesan cheese, grated
- 4 ounces spinach, minced
- 3 ounces cottage cheese

Directions:

1. Preheat the AirFryer to 350 F.
2. Add eggs, milk, half parmesan cheese, and cottage cheese in a bowl and whisk well. Add spinach and Stir.
3. Pour mixture into the AirFryer baking dish.
4. Sprinkle remaining half parmesan cheese on top.
5. Place dish in the AirFryer and cook for 20 min.
6. Enjoy.

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Calories	Fat	Carbs	Protein	Sugar	Cholesterol
130	8.9g	3.1g	10.5g	0.9g	129mg

Classical Tomato Breakfast

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	15 min	2

Ingredients:

- ☐ 2 eggs
- ☐ 2 large fresh tomatoes
- ☐ 1 tbspn fresh parsley
- ☐ Pepper
- ☐ Salt

Directions:

1. Preheat the AirFryer to 350 F.
2. Cut off the top of a tomato and spoon out the tomato innards.
3. Break the egg in each tomato and place in AirFryer basket and cook for 15 min.
Season with parsley, pepper, and salt.
4. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
96	4.8g	7.6g	7.2g	5.2g	164mg

Delightful Mushroom Frittata Breakfast

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	21 min	4

Ingredients:

- ☐ 6 eggs
- ☐ 6 ounces' mushrooms, sliced
- ☐ 1 cup leeks, sliced
- ☐ Salt

Directions:

1. Preheat the AirFryer to 350 F.
2. Spray AirFryer baking dish with cooking spray and set aside.
3. Heat another pan over medium heat. Spray pan with cooking spray.
4. Add mushrooms, leeks, and salt in a pan sauté for 6 min.
5. Break eggs in a bowl and whisk well.
6. Transfer sautéed mushroom and leek mixture into the prepared baking dish.
7. Pour egg over mushroom mixture.
8. Place dish in the AirFryer and cook for 15 min.

9. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
117	6.8g	5.1g	10g	2.1g	246mg

Surprising Squash

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	25 min	4

Ingredients:

- ☐ 2 lbs yellow squash, cut into half-moons
- ☐ 1 tbspn Italian seasoning
- ☐ ¼ tbspn pepper
- ☐ 1 tbspn olive oil
- ☐ ¼ tbspn salt

Directions:

1. Add all ingredients into the large bowl and toss well.
2. Preheat the AirFryer to 400 F.
3. Add squash mixture into the AirFryer basket and cook for 10 min.
4. Shake basket and cook for another 10 min. Shake once again and cook for 5 min more.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
78	5g	8.2g	2.8g	4.2g	2mg

Spanish Savory Frittata

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	6 min	2

Ingredients:

- ☐ 4 eggs
- ☐ 1/4 tbspn garlic powder
- ☐ 1/4 tbspn onion powder
- ☐ 1 tbspn parmesan cheese
- ☐ Pepper
- ☐ Salt

Directions:

1. Whisk eggs with garlic powder, onion powder, parmesan cheese, pepper, and salt.

2. Pour egg mixture into the AirFryer baking dish.
3. Place dish in the AirFryer and cook at 360 F for 2 min. Stir quickly and cook for 3-4 min more.
4. Stir and serve.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
177	11.8g	2.7g	15.9g	1.3g	337mg

Easy Dill-Lemon Scallops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	5 min	4

Ingredients:

- ☐ 1 lb scallops
- ☐ 2 tbspn olive oil
- ☐ 1 tbspn dill, minced
- ☐ 1 tbspn fresh lemon juice
- ☐ Pepper
- ☐ Salt

Directions:

1. Add scallops into the bowl and toss with oil, dill, lemon juice, pepper, and salt.
2. Add scallops into the AirFryer basket and cook at 360 F for 5 min.
3. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
163	7.9g	3.2g	19.2g	0.1g	37mg

Breakfast Spicy Chicken

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	30 min	4

Ingredients:

- ☐ 1 lb chicken thighs, boneless and skinless
- ☐ 1 cup salsa
- ☐ Pepper
- ☐ Salt

Directions:

1. Preheat the AirFryer to 350 F.

2. Place chicken thighs into the AirFryer baking dish and season with pepper and salt. Top with salsa.
3. Place in the AirFryer and cook for 30 min.
4. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
233	8.5g	4.1g	33.8g	2g	101mg

Italian Tender Scallops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	8 min	2

Ingredients:

- ☐ 1 lb jumbo scallops
- ☐ 1 tspn fresh lemon juice
- ☐ 2 tspn butter, melted

Directions:

1. Preheat the AirFryer to 400 F.
2. In a small bowl, mix together lemon juice and butter.
3. Brush scallops with lemon juice and butter mixture and place into the AirFryer basket. Cook scallops for 4 min.
4. Turn halfway through.
5. Again, brush scallops with lemon butter mixture and cook for 4 min more. Turn halfway through.
6. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
308	13.9g	4.7g	38.7g	0.2g	110mg

Nourishing Egg Cups

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	9 min	4

Ingredients:

- ☐ 3 eggs, lightly beaten
- ☐ 4 tomato slices
- ☐ 4 tspn cheddar cheese, shredded
- ☐ 2 bacon slices, cooked and crumbled
- ☐ Pepper
- ☐ Salt

Directions:

1. Spray silicone muffin molds with cooking spray.
2. In a small bowl, whisk the egg with pepper and salt.
3. Preheat the AirFryer to 350 F.
4. Pour eggs into the silicone muffin molds. Divide cheese and bacon into molds.
5. Top each with tomato slice and place in the AirFryer basket.
6. Cook for 9 min.
7. Enjoy

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
130	9.6g	1.1g	9.6g	0.7g	141mg

Lovely Carrots with Fresh Lime

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	20 min	4

Ingredients:

- ☐ 1 lb baby carrots, peeled
- ☐ 2 tbspn fresh lime juice
- ☐ 1 tbspn herb de Provence
- ☐ 2 tbspn olive oil
- ☐ Pepper
- ☐ Salt

Directions:

1. Add carrots into the bowl and toss with remaining ingredients.
2. Transfer carrots into the AirFryer basket and cook at 320 F for 20 min.
3. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
103	7.2g	10.3g	0.8g	5.6g	0mg

Healthy Zucchini Squash Mix

Prep Time Time to cook Serv
10 min 15 min 4

Ingredients:

- ☐ 1 lb zucchini, sliced
- ☐ 1 tbspn parsley, minced
- ☐ 1 yellow squash, halved, deseeded, and minced
- ☐ 1 tbspn olive oil

- ☐ Pepper
- ☐ Salt

Directions:

1. In a large bowl toss the Zucchini, yellow squash, olive oil, minced garlic and salt and pepper and mix well.
2. Transfer bowl mixture into the AirFryer basket and cook at 400 F, and set the time to 15 minutes. Toss half way at about 7 minutes.
3. Transfer to a serving bowl. Sprinkle with fresh herbs.
4. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
50	3.5g	3.9g	0.1g	2.5g	0mg

Creamy Cabbage with Bacon

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	20 min	4

Ingredients:

- ☐ 1 cabbage head, shredded
- ☐ 1 cup heavy cream
- ☐ 4 bacon slices, minced
- ☐ 1 onion, minced
- ☐ Pepper
- ☐ Salt

Directions:

1. Add all ingredients into the AirFryer baking dish and Stir.
2. Place dish in the AirFryer and cook at 400 F for 20 min.
3. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
262	19.3g	14.1g	10.2g	6.9g	62mg

Beautiful Lemon Artichokes

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>

<i>10 min</i>	<i>15 min</i>	<i>4</i>
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Ingredients:

- ☐ 2 medium artichokes, trimmed and halved
- ☐ 2 tbspn fresh lemon juice
- ☐ 1 tbspn butter, melted
- ☐ Pepper
- ☐ Salt

Directions:

1. Place artichokes into the AirFryer basket. Drizzle with butter and lemon juice and season with pepper and salt. Cook at 380 F for 15 min.
2. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
57	3g	6.9g	2.2g	0.8g	8mg

Exciting Almond Crunchy Chicken

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>25 min</i>	<i>2</i>

Ingredients:

- ☐ 2 chicken breasts, skinless and boneless
- ☐ 1 tbspn Dijon mustard
- ☐ 2 tbspn mayonnaise
- ☐ ¼ cup almonds
- ☐ Pepper
- ☐ Salt

Directions:

1. Add almond into the food processor and process until finely ground. Transfer almonds on a plate and set aside.
2. Mix together mustard and mayonnaise and spread over chicken.
3. Coat chicken with almond and place into the AirFryer basket and cook at 350 F for 25 min.
4. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
241	12.7g	6.5g	28g	1.5g	69mg

Nutty Chicken Thighs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
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<i>10 min</i>	<i>20 min</i>	<i>4</i>
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Ingredients:

- ☐ 4 chicken thighs
- ☐ ¼ tspn onion powder
- ☐ ½ tspn garlic powder
- ☐ 2 ½ tspn dried Italian herbs
- ☐ 2 tspn butter, melted

Directions:

1. Brush chicken with melted butter.
2. Mix together Italian herbs, onion powder, and garlic powder and rub over chicken.
3. Place chicken into the AirFryer basket and cook at 380 F for 20 min.
4. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
261	17.9g	7.6g	16.8g	1.1g	73mg

Charming Pesto Salmon with Almond

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>12 min</i>	<i>2</i>

Ingredients:

- ☐ 2 salmon fillets
- ☐ 2 tspn butter, melted
- ☐ ¼ cup pesto
- ☐ ¼ cup almond, ground

Directions:

1. Mix together pesto and almond.
2. Brush salmon fillets with melted butter and place into the AirFryer baking dish.
3. Top salmon fillets with pesto and almond mixture.
4. Place dish in the AirFryer and cook at 390 F for 12 min.
5. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
541	41.5g	4.6g	40.2g	2.5g	117mg

Radishes With Onions

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>

Ingredients:

Directions:

- | Calories | Fat | Carbs | Protein | Sugar | Cholesterol |
|----------|------|-------|---------|-------|-------------|
| 69 | 3.8g | 8.6g | 1.5g | 3.9g | 0mg |

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>14 min</i>	<i>4</i>

Directions:

1. Spray 4 ramekins with cooking spray and set aside.
2. In a mixing bowl, whisk eggs with cilantro, half and half, vegetables, 1/2 cup cheese, pepper, and salt.
3. Pour egg mixture into the 4 ramekins.
4. Place ramekins in AirFryer basket and cook at 300 F for 12 min.
5. Top with remaining 1/2 cup cheese and cook for 2 min more at 400 F.
6. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
226	15.5g	7.3g	14.3g	1.9g	199mg

Omelette with Ceddar Cheese and Mushrooms

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	6 min	2

Ingredients:

- ☐ 3 eggs, lightly beaten
- ☐ 2 tbspn cheddar cheese, shredded
- ☐ 2 tbspn heavy cream
- ☐ 2 mushrooms, sliced
- ☐ 1/4 small onion, minced
- ☐ 1/4 bell pepper, diced
- ☐ Pepper
- ☐ Salt

Directions:

1. In a bowl, whisk eggs with cream, vegetables, pepper, and salt.
2. Preheat the AirFryer to 400 F. Pour egg mixture into the AirFryer pan. Place pan in AirFryer basket and cook for 5 min.
3. Add shredded cheese on top of the frittata and cook for 1 min more.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
187	14.6g	3.6g	11.2g	2g	273mg

Magic Cheese Souffle

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	6 min	8

Ingredients:

- ☐ 6 large eggs, separated
- ☐ 3/4 cup heavy cream
- ☐ 1/4 tbspn cayenne pepper
- ☐ 1/2 tbspn xanthan gum
- ☐ 1/2 tbspn pepper
- ☐ 1/4 tbspn cream of tartar
- ☐ 2 tbspn chives, minced
- ☐ 2 cups cheddar cheese, shredded
- ☐ 1 tbspn salt

Directions:

1. Preheat the AirFryer to 325 F.
2. Spray eight ramekins with cooking spray. Set aside.
3. In a bowl, whisk together almond flour, cayenne pepper, pepper, salt, and xanthan gum.
4. Slowly add heavy cream and mix to combine.
5. Whisk in egg yolks, chives, and cheese until well combined.
6. In a large bowl, add egg whites and cream of tartar and beat until stiff peaks form. Fold egg white mixture into the almond flour mixture until combined.
7. Pour mixture into the prepared ramekins. Divide ramekins in batches.
8. Place the first batch of ramekins into the AirFryer basket.
9. Cook soufflé for 6 min.
10. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
210	17.3g	3.6g	12.2g	0.5g	185mg

Wonderful Asparagus Frittata

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10 min	4

Ingredients:

- ☐ 6 eggs
- ☐ 3 mushrooms, sliced
- ☐ 10 asparagus, minced
- ☐ 2 tbspn butter, melted
- ☐ 1 cup mozzarella cheese, shredded
- ☐ 1 tbspn pepper
- ☐ 1 tbspn salt

Directions:

1. Toss mushrooms and asparagus with melted butter and add into the AirFryer basket.
2. Cook mushrooms and asparagus at 350 F for 5 min. Shake basket twice.
3. Meanwhile, in a bowl, whisk together eggs, half and half, pepper, and salt.
4. Transfer cook mushrooms and asparagus into the AirFryer baking dish.
5. Pour egg mixture over mushrooms and asparagus.
6. Place dish in the AirFryer and cook at 350 F for 5 min or until eggs are set.
7. Slice and serve.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
180	13.7g	3.8g	11.8g	1.5g	265mg

Chilly Cauliflower Rice

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<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>25min</i>	<i>2</i>

Ingredients:

- ☐ 1 cauliflower head, cut into florets
- ☐ 1/2 tspn cumin
- ☐ 1/2 tspn chili powder
- ☐ 6 onion spring, minced
- ☐ 2 jalapenos, minced
- ☐ 4 tspn olive oil
- ☐ 1 zucchini, trimmed and cut into cubes
- ☐ 1/2 tspn paprika
- ☐ 1/2 tspn garlic powder
- ☐ 1/2 tspn cayenne pepper
- ☐ 1/2 tspn pepper

1/2 tspn salt

Directions:

1. Preheat the AirFryer to 370 F.
2. Add cauliflower florets into the food processor and process until it looks like rice.
3. Transfer cauliflower rice into the AirFryer baking pan and drizzle with half oil.
4. Place pan in the AirFryer and cook for 12 min, stir halfway through.
5. Heat remaining oil in a small pan over medium heat.
6. Add zucchini and cook for 5-8 min.
7. Add onion and jalapenos and cook for 5 min.
8. Add spices and Stir. Set aside.
9. Add cauliflower rice in the zucchini mixture and Stir.
10. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
339	29.7g	20.4g	6.3g	7.4g	0mg

Stuffed Peppers with Feta and Broccoli

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>40 min</i>	<i>2</i>

Ingredients:

- ☐ 4 eggs
- ☐ 1/2 cup cheddar cheese, grated
- ☐ 2 bell peppers, cut in half and remove seeds
- ☐ 1/2 tspn garlic powder
- ☐ 1 tspn dried thyme
- ☐ 1/4 cup feta cheese, crumbled
- ☐ 1/2 cup broccoli, cooked
- ☐ 1/4 tspn pepper
- ☐ 1/2 tspn salt

Directions:

1. Preheat the AirFryer to 325 F.
2. Stuff feta and broccoli into the bell peppers halved.
3. Beat egg in a bowl with seasoning and pour egg mixture into the pepper halved over feta and broccoli.
4. Place bell pepper halved into the AirFryer basket and cook for 35-40 min.
5. Top with grated cheddar cheese and cook until cheese melted.
6. Enjoy.

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
348	22.6g	15.2g	23.2g	8.5g	374mg

Tender Tartlets

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10min	9

Ingredients:

- Bunch of Spinach leaves
- 1 Dicedtomatoes
- 1 Egg white
- Spray Oil/Melted Butter
- Salt
- Pepper

Directions:

1. Take a silicon mold cup and gently spray it with cooking spray
2. Take a skillet and melt some butter over medium heat
3. Add the butter to the silicon bowl
4. Add the spinach leaves alongside dicedup tomatoes
5. Drizzle them with the egg whites
6. Season the mix with some pepper and salt
7. Add the mixture to your Cooking basket and Air Fry them for about 10 min at a temperature of 356 degrees F (180 °C)
8. Serve hot and enjoy!

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
34	0.2g	6g	2.2g	3.2g	0mg

Snacks

Savory Spicy Chickpeas

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	10 min	4

Direction:

1. In a bowl, add all the ingredients and toss to coat thoroughly.
2. Set the temperature to 390 degrees and the cooking time to 10 minutes.
5. Press the "Start/Pause" button to start.
6. When the unit beeps to show that it is preheated, open the lid.
7. Arrange the chickpeas in "Air Fry Basket", cook for 10 minutes.
8. Serve warm.

Ingredients:

- ☐ 1 (15-ounces.) can chickpeas, rinsed and drained
- ☐ 1tbspn olive oil
- ☐ ½ tspn ground cumin
- ☐ ½ tspn cayenne pepper
- ☐ ½ tspn smoked paprika
- ☐ Salt, as required

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
419	10.1g	64.9g	20.6g	11.4g	0mg

Roasted Peanuts

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	14 min	6

Direction:

1. Set the temperature to 320 degrees F and the cooking time to 14 minutes.
2. Arrange the peanuts in "Air Fry Basket" and insert it in the oven.
3. Toss the peanuts twice.

After 9 min of cooking, spray the peanuts with cooking spray.

Serve warm.

Ingredients:

- ☐ 1½ cups of raw peanuts
- ☐ Nonstick cooking spray

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
208	18.1g	5.9g	9.4g	1.5g	0mg

Exquisite Grilled Cheese Sandwiches

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<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>5 min</i>	<i>2</i>

Directions:

1. Preheat the AirFryer to 355 and grease an AirFryer basket.
2. Spread the mayonnaise and melted butter over 1 side of each bread slice. Sprinkle the cheddar cheese over the buttered side of the 2 slices.
3. Cover with the remaining slices of bread and transfer into the AirFryer basket.
4. Cook for about 5 min and dish out to serve warm.

Ingredients:

- ☐ 4 white bread slices
- ☐ ½ cup melted butter softened
- ☐ ½ cup sharp cheddar cheese, grated
- ☐ 1tbspn mayonnaise

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
597	58.4g	11.3g	9g	1.4g	154mg

Chili Dip

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>15 min</i>	<i>8</i>

Directions:

1. In a baking pan, place the cream cheese and spread in an even layer.
2. Top with chili evenly, followed by the cheese.
3. Press "Power Button" of Air Fry Oven and turn the dial to select the "Air Bake" mode.
4. Press the Time button and again turn the dial to set the Time to cook to 15 min.
5. Now push the Temp button and rotate the dial to set the temperature at 375 degrees F.
6. Press the "Start/Pause" button to start.
7. When the unit beeps to show that it is preheated, open the lid.
8. Arrange pan over the "Wire Rack" and insert it in the oven.
9. Serve hot.

Ingredients:

- ☐ 1 (8-ounces.) package cream cheese, softened
- ☐ 1 (16-ounces.) can Hormel chili without beans
- ☐ 1 (16-ounces.) package mild cheddar cheese, shredded

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
388	31.3g	5.6g	21.1g	1.1g	103mg

Beautiful Tortilla Chips

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>

10 min	6 min	6
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Directions:

1. Preheat the AirFryer to 390 of and grease an AirFryer basket.
2. Drizzle the tortilla chips with olive oil and season with salt.
3. Half of the tortilla chips arrange in the AirFryer basket and cook for about 3 min, flipping in between.

Repeat with the remaining tortilla chips and dish out to serve warm.

Ingredients:

- ☐ Eight tortillas, cut into triangles
- ☐ 1tbspn olive oil
- ☐ Salt, to taste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
90	3.2g	14.3g	1.8g	0.3g	0mg

Sweet Corn and Bell Pepper Sandwich with Barbecue Sauce

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10min	5 min	2

Directions:

1. Preheat the AirFryer to 355 and grease an AirFryer basket.
2. Heat butter in a skillet on medium heat and add corn.
3. Sauté for about 2 min and dish out in a bowl.
4. Add bell pepper and barbecue sauce to the corn.
5. Spread corn mixture on 1 side of 2 bread slices and top with remaining slices.
6. Dish out and serve warm.

Ingredients:

- ☐ 2 tbspn butter softened
- ☐ 1 cup sweet corn kernels
- ☐ 1 roasted green bell pepper, minced
- ☐ 4 bread slices, trimmed and cut horizontally
- ☐ ¼ cup barbecue sauce

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
275	13.1g	38.6g	4.2g	12.8g	31mg

Charming Beet chips

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	15 min	6

Directions:

1. Preheat the AirFryer to 325 and grease an AirFryer basket.

Mix all the ingredients in a bowl until well combined.

1. Arrange the beet slices in the AirFryer basket and cook for about 15 min.
2. Dish out and serve warm.

Ingredients:

- 4 medium beetroots, peeled and thinly sliced
- ¼ tspn smoked paprika
- ½ tspn salt
- 2 tbsps olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
70	4.8g	6.7g	1.1g	5.3g	0mg

Radish Sticks

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	12 min	2

Directions:

1. Preheat the AirFryer to 390 of and grease an AirFryer basket.
2. Mix radish with all other ingredients in a bowl until well combined.
3. Arrange the radish sticks in the AirFryer basket and cook for about 12 min.
4. Dish out and serve warm.

Ingredients:

- 1 large radish, peeled and cut into sticks
- 1tbspn fresh rosemary, finely minced
- 1tbspn olive oil
- 2tspns sugar
- ¼ tspn cayenne pepper
- Salt and black pepper, as needed

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
82	7.3g	5.4g	0.2g	4.1g	0mg

Great Crispy Cauliflower Poppers

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	20 min	4

Directions:

1. Preheat the AirFryer to 320 and grease an AirFryer basket.
2. Mix the egg white, ketchup, and hot sauce in a bowl until well combined.
3. Stir in the cauliflower florets and generously coat with marinade.
4. Place breadcrumbs in a shallow dish and dredge the cauliflower florets in it.
5. Arrange the cauliflower florets in the AirFryer basket and cook for about 20 min, flipping once in between.
6. Dish out and serve warm. Serve with cream cheese sprinkled with mozzarella.

Ingredients:

- ☐ 1 large egg white
- ☐ ¾ cup panko breadcrumbs
- ☐ 4 cups cauliflower florets
- ☐ 3 tbsps ketchup
- ☐ 2 tbsps hot sauce
- ☐ ½ cup mozzarella cheese
- ☐ ½ cup cream cheese
- ☐ 3 tspns red chili flakes

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
206	11.3g	20.7g	7.9g	5.7g	34mg

Simple Cod Nuggets

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>15 min</i>	<i>10 min</i>	<i>4</i>

Directions:

1. Preheat the AirFryer to 390 of and grease an AirFryer basket.
2. Place flour in a shallow dish and whisk the eggs in a second dish.
3. Place breadcrumbs, salt, and olive oil in a third shallow dish.
4. Coat the cod strips evenly in flour and dip in the eggs.
5. Roll into the breadcrumbs evenly and arrange the nuggets in an AirFryer basket.
6. Cook for about 10 min and dish out to serve warm.

Ingredients:

- ☐ 1 cup all-purpose flour
- ☐ 2 eggs
- ☐ ¾ cup breadcrumbs
- ☐ 1-pound cod, cut into 1x2½-inch strips
- ☐ A pinch of salt
- ☐ 2 tbsps olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
404	11.6g	38.6g	34.6g	1.5g	144mg

Hot Mexican Bean Dip

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>15 min</i>	<i>4</i>

Directions:

1. Add half of the cheese, black beans, sour cream, salsa, and hot pepper sauce to a blender and blend until slightly chunky.
2. Add to a casserole dish. Add remaining cheese on top.

3. Position the oven rack in Rack Position 1 and place the dish on top. Select the Bake setting. Set the temperature to 350 F and the time to 15 min.

Ingredients:

- ½ cup of salsa
- ½ cup sour cream
- 2 cans (15 ounces. each) black beans, well-drained
- 8 ounces. Monterey Jack cheese, shredded
- 1tspn hot pepper sauce

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
613	24.6g	64.1g	36.2g	3.4g	63mg

Easy Roasted Pumpkin Seeds

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>35 min</i>	<i>4</i>

Directions:

1. Toss seeds with salt and oil in a bowl.
2. Add seeds on the baking pan in 1 layer.
3. Preheat the air fryer to 350 degrees F (180 degrees C)
4. Place the seeds in the air fryer basket and cook for 35 minutes, shaking the basket frequently. Watch carefully during the last 5 minutes, so that they do not burn.

Serve.

Ingredients:

- 1tbspn vegetable oil
- 1 medium pumpkin
- Salt, to taste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
75	3.6g	11.3g	1.7g	2.4g	0mg

AirFryer Buffalo Cauliflower

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>17 min</i>	<i>4</i>

Directions:

1. Add butter to a mug and microwave to melt it. Whisk in the buffalo sauce.
2. Dip each floret into the above mixture and coat well. Dredge it in the panko/salt mixture and add to the AirFryer basket.
3. Place the Air Fry basket on top of the baking pan and position it in Rack Position 2. Set the temperature to 350 F and the time to 17 min.
4. Serve with mayo.

Ingredients:

- ☐ 1 cup panko breadcrumbs mixed with 1tspn salt
- ☐ 4 cups cauliflower florets
- ☐ ¼ cup butter, melted
- ☐ ¼ cup buffalo sauce
- ☐ Mayonnaise

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
214	13.3g	21.7g	4.1g	3.1g	31mg

Super AirFryer Chicken Nuggets

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	5 min	4

Directions:

- Trim fat from chicken and slice into 1/2 thick slices. Cut each into 2 nuggets. Season with salt and pepper. Add melted butter to a bowl and add breadcrumbs and parmesan to a separate bowl.
- Dip each chicken piece in butter then the breadcrumbs/cheese mixture.
- Add to the AirFryer basket in a single layer.
- Place the Air Fry basket on top of the baking pan and position it in Rack Position 2. Set the temperature to 390 F and the time to 5 min.

Ingredients:

- ☐ ½ cup breadcrumbs
- ☐ ½ cup unsalted butter, melted
- ☐ 1boneless, skinless chicken breast
- ☐ 2tbspns Parmesan, grated
- ☐ ¼ tspn salt
- ☐ 1/8 tspn black pepper

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
321	26.4g	10.2g	11.9g	0.9g	85mg

Fantastic Air Fry Corn Tortilla Chips

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	3 min	4-6

Directions:

- Cut the tortillas in triangles and brush with oil. Add the chips into the AirFryer basket.
- Place the Air Fry basket on top of the baking pan and position it in Rack Position 2. Set the temperature to 400 F and the time to 3 min.
- Season and serve.

Ingredients:

- ☐ 1tbspn olive oil
- ☐ Eight corn tortillas

☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
135	4.9g	21.4g	2.7g	0.4g	0mg

Pizza Margherita

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>13 min</i>	<i>4</i>

Directions:

1. Grease a baking pan with olive oil and add pizza dough onto the pan. Stretch the mly to cover the pan and spray with oil.
2. Position the baking pan in Rack Position 2 and select the Bake setting. Set the temperature to 400 F and the time to 5 min.
3. Remove from the oven and flip. Add sauce to the middle and spread in a thin layer and leave 1" border for the crust. Add parmesan and top with mozzarella. Grease border with oil.
4. Return the pan to the oven and cook for 8 min. Add basil on top. Serve.

Ingredients:

- ☐ ½ cup pizza sauce
- ☐ 12 ounces. pizza dough
- ☐ 2 tbspsn parmesan, grated
- ☐ 3 ounces. mozzarella, sliced
- ☐ ¼ cup basil leaves
- ☐ Olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
490	15g	76.5g	20.8g	1g	16mg

Fabulous Cheese Scallion Sandwich

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>9 min</i>	<i>1</i>

Directions:

1. Spread a tbspn. of butter on a slice of bread.
2. Place it in the cooking basket with the buttered side facing down.
3. Add scallions and cheddar cheese on top. Spread the rest of the butter in the other slice of bread.
4. Cook 4 minutes, then remove and flip sandwiches over. Return basket to air fryer. Cook additional 3 to 5 minutes until desired doneness is reached at 360 degrees

Ingredients:

- ☐ 2 slices of bread
- ☐ 1 tbspn. grated parmesan cheese
- ☐ ¾ cup grated cheddar cheese

- ☐ 2 tbspn. butter
- ☐ 2 thinly sliced scallions

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
648	54.8g	12.9g	27.8g	1.9g	160mg

Tasty Potatoes Au Gratin

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	25 min	6

Directions:

1. Slice the peeled potatoes thinly.
2. Mix the milk and cream in a bowl. Season with nutmeg, salt, and pepper. Add the potato slices and toss until coated.
3. Arrange the coated potato slices in a baking dish.
4. Pour the seasoning mixture on top.
5. Put the baking dish inside the cooking basket.
6. Cook for 25 min at 390 degrees.

Ingredients:

- ☐ 1tbspn. of black pepper
- ☐ Seven peeled russet potatoes
- ☐ ½ cup cream
- ☐ ½ cup grated semi-mature cheese
- ☐ ½ tbspn. of nutmeg
- ☐ ½ cup milk

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
225	2g	45.9g	6.3g	3.7g	5mg

Fabulous Rosemary Russet Potato Chips

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
40 min	30 min	4

Directions:

1. Rinse the potatoes and scrub to clean. Peel and cut them in a lengthwise manner similar to thin chips.
2. Put them in a bowl and soak in water for 30 min.
3. Pat the potato chips with paper towels to dry.
4. Toss the chips in a bowl with olive oil. Transfer them to the cooking basket.
5. Cook for 30 min at 330 F. Shake several times during the cooking process. Toss the cooked chips in a bowl with salt and rosemary while warm.

Ingredients:

- ☐ 4 russet potatoes

- ☐ ½ tspn. salt
- ☐ 1 tspn. olive oil
- ☐ 2 tspn. minced rosemary

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
182	4g	34.5g	3.7g	2.5g	0mg

AirFryer Kale Chips

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>3 min</i>	<i>8 min</i>	<i>4</i>

Directions:

1. Preheat AirFryer to a temperature of 370°F (190°C).
2. Place kale leaves into fryer basket evenly and drizzle cooking oil.
3. Sprinkle some salt and let cook for 8 min.
4. Serve!

Ingredients:

- ☐ Salt
- ☐ 1-lb. kale leaves
- ☐ 1 tspn. cooking oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
86	3.4g	11.9g	3.4g	0g	0mg

Dreamy Apple Chips

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>2 min</i>	<i>8 min</i>	<i>4</i>

Directions:

1. In a bowl, add applechips with vinegar and sugar, toss to combine.
2. Preheat AirFryer to a temperature of 400°F (200°C).
3. Place chips into fryer basket, drizzle with a ½ tspn. of olive oil, and cook for 8 min.
4. Serve!

Ingredients:

- ☐ 4 large sliced apples
- ☐ ¼ tspn. apple cider vinegar
- ☐ ½ tspn. olive oil
- ☐ 2 tspn. sugar

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
154	2.2g	36.8g	0.6g	29.2g	0mg

Pork Taquitos

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10 min	4

Directions:

1. AirFryer preheats you to 380 degrees F.
2. Stir the lime juice over the shredded pork tenderloins.
3. Soften the tortillas in your AirFryer by microwaving it for 10 seconds.
4. For each tortilla, add 3-ounces of the shredded pork and ¼ cup of the mozzarella cheese.
5. Lightly roll up the tortillas.
6. Then spray a nonstick cooking spray over the tortillas and place it inside your AirFryer.
7. Cook it for 10 min or until it gets a golden brown color, as you flip after 5 min, then Enjoy.

Ingredients:

- Small whole-wheat tortillas, 10.
- Shredded mozzarella cheese, 2 ½ cup
- Cooked and shredded pork tenderloin, 30 ounces.
- Lime juice, 1 lime

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
346	11.6g	16.8g	42.8g	0.5g	104mg

Glorious Cheesy Crab Dip

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	12 min	8

Directions:

1. Spray AirFryer safe dish with cooking spray and set aside.
2. In a mixing bowl, mix crabmeat, Italian seasoning, cheddar cheese, mayonnaise, sour cream, and cream cheese.
3. Pour crabmeat mixture into the prepared dish.
4. Place dish into the AirFryer basket and cook at 320 F for 12 min.
5. Enjoy.

Ingredients:

- 8 ounces lump crabmeat
- 1 tbspn Italian seasoning
- 1/2 cup cheddar cheese, shredded
- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 4 ounces cream cheese

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
156	12.3g	2.7g	8.9g	0.7g	58mg

Parmesan Carrot Fries

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	15 min	4

Directions:

1. In a mixing bowl, toss carrot fries, parmesan cheese, garlic, oil, pepper, and salt.
2. Add carrot fries into the AirFryer basket and cook at 350 F for 15 min. Turn chips halfway through.

3. Enjoy.
4. Six carrots, peeled and cut into fries' shapes
5. 2 tbspn parmesan cheese, grated
6. 2 tbspn garlic, diced
7. 2 tbspn olive oil
8. Pepper
9. Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
138	9.3g	10.8g	4.4g	4.5g	8mg

Chicken Stuffed Poblanos

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	15 min	6

Directions:

1. In a small bowl, mix chicken, spinach artichoke dip, and half cheddar cheese.
2. Stuff chicken mixture into the poblano peppers.
3. Place stuffed poblano peppers into the AirFryer basket. Sprinkle remaining cheese on top of peppers.
4. Cook at 350 F for 12-15 min.
5. Enjoy.

Ingredients:

- 3 poblano peppers, cut in half & remove seeds
- 2 ounces cheddar cheese, grated
- 1 1/2 cup spinach artichoke dip
- 1 cup chicken breast, cooked and minced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
128	7.7g	6.3g	10.8g	1.2g	32mg

Crispy Tofu

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<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>25 min</i>	<i>15 min</i>	<i>4</i>

Directions:

1. In a mixing bowl, mix tofu, sesame oil, vinegar, and soy sauce. Marinate for 15 min.
2. Spray AirFryer basket with cooking spray.
3. Remove tofu from marinade and place into the AirFryer basket and cook at 400 F for 15 min. Turn tofu after 10 min.
4. Enjoy.

Ingredients:

- ☐ 16 ounces' extra-firm tofu, and cut into cubes
- ☐ 1 tbspn sesame oil
- ☐ 1 tbspn rice vinegar
- ☐ 2 tbspn soy sauce

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
140	10g	2.9g	11.7g	0.7g	0mg

Gorgeous Hasselback Zucchini

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>20 min</i>	<i>3</i>

Directions:

1. The AirFryer should preheat at 3500F for 5 min.
2. Line up chopsticks on both facets of the zucchini and slice thinly till you hit the stick. Brush the zucchinis with olive.
3. Place the zucchini in the AirFryer. Bake for 20 min at 350F.
4. Meanwhile, combine the coconut cream and lemon juice in a mixing bowl. Season with salt and pepper to taste.
5. Once the zucchini is cooked, scoop the coconut cream mixture and drizzle on top. Sprinkle with bacon bits.
6. Enjoy!

Ingredients:

- ☐ 3 medium zucchini
- ☐ 3 tbspns olive oil
- ☐ 4 tbspns coconut cream
- ☐ 1 tbspn lemon juice
- ☐ Salt and pepper to taste
- ☐ 3 slices bacon, fried and crumbled

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
301	27.1g	8.1g	9.9g	4.2g	21mg

Fat Burger Bombs

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<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>2 hour 10 min</i>	<i>20 min</i>	<i>6</i>

Directions:

1. In a mixing bowl, integrate all ingredients besides for the olive oil.
2. Use your hands to form small balls with the mixture. Place in a baking sheet and allow it to set in the fridge for at least 2 hours.
3. Preheat the AirFryer at 350F for 5 min.
4. Brush the meatballs with olive oil on all sides.
5. Place in the AirFryer basket.
6. Cook for 20 min at 350F.
7. Halfway through the Time to cook, shake the fryer basket for a more even cooking.
8. Enjoy!

Ingredients:

- ☐ 12 slices uncured bacon, minced
- ☐ 1 cup almond flour
- ☐ 2 eggs, beaten
- ☐ ½ pound ground beef
- ☐ Salt and pepper to taste
- ☐ 3 tbspn olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
333	25.7g	4.1g	20.3g	0.1g	98mg

Crispy Keto Pork Bites

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>2 hour</i>	<i>30 min</i>	<i>3</i>

Directions:

1. Place all comp1nts in a mixing bowl and marinate within the fridge for 2 hours.
2. Preheat the AirFryer at 350F for 5 min.
3. Place the pork strips in the AirFryer and bake for 25 min at 350F.
4. Enjoy!

Ingredients:

- ☐ ½-pound pork belly, sliced to thin strips
- ☐ 1tbspn butter
- ☐ 1 medium onion, diced
- ☐ 4tbspn coconut cream
- ☐ Salt and pepper to taste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
444	29g	4.6g	35.8g	2.2g	97mg

Cute Air Fried Kale Chips

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<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>10 min</i>	<i>2</i>

Directions:

1. Preheat the AirFryer at 350F for 5 min.
2. In a bowl, combine all ingredients until the kale leaves are coated with the other parts.
3. Place in a fryer basket and cook for 10 min at 3500F until crispy.
4. Enjoy!

Ingredients:

- ☐ 1 bunch kale, minced into large pieces
- ☐ 2 tbsps olive oil
- ☐ 2 tbsps almond flour
- ☐ 1 tspn garlic powder
- ☐ Salt and pepper to taste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
183	17.3g	6.1g	2.8g	0.3g	0mg

Bacon Jalapeno Peppers

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>15 min</i>	<i>15 min</i>	<i>8</i>

Directions:

1. Preheat the AirFryer at 350F for 5 min.
2. In a blending bowl, mix the cream cheese, cheddar cheese, salt, and paprika collectively till nicely combined.
3. Scoop a tspn onto each half of jalapeno peppers.
4. Use a thin strip of bacon and wrap it around the cheese-filled jalapeno half. Wear gloves when doing this step because jalapeno is very spicy.
5. Place inside the AirFryer basket and prepare for 15 min at 350F.

Ingredients:

- ☐ 4-ounce cream cheese
- ☐ ¼ cup cheddar cheese, shredded
- ☐ Salt to taste
- ☐ 1 tspn paprika
- ☐ 16 fresh jalapenos, sliced lengthwise and seeds removed
- ☐ 16 strips of uncured bacon, cut into half

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
213	18.3g	2.2g	8.4g	1.1g	39mg

Pleasant Crispy Air Fried Broccoli

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<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>15 min</i>	<i>6</i>

Directions:

1. Preheat the AirFryer at 350F for 5 min.
2. In a bowl, combine all ingredients until the broccoli florets are coated with the other parts.
3. Place in a fryer basket and cook at 350F for 15 min until crispy.
4. Enjoy!

Ingredients:

- ☐ ½-pound broccoli, cut into florets
- ☐ 2 tbsps coconut milk
- ☐ ¼ tspn turmeric powder
- ☐ 1 tbspn almond flour
- ☐ Salt and pepper to taste
- ☐ 1 tspn Garam Masala

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
32	1.9g	3.1g	1.4g	0.8g	0mg

Garlic-Roasted Mushrooms

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>25 min</i>	<i>4</i>

Directions:

1. Preheat the AirFryer at 350F for 5 min.
2. Place all ingredients in a baking dish that will fit in the AirFryer.
3. Mix to combine. Place the baking dish in the AirFryer.
4. Cook for 25 min at 350F.
5. Enjoy!

Ingredients:

- ☐ 2 pounds mushrooms
- ☐ 3 tbsps heart-healthy oil
- ☐ ½ tspn diced garlic
- ☐ Salt and pepper to taste
- ☐ 2 tspns herbs de Provence

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
72	0.7g	12.9g	7.1g	6.9g	0mg

Marvelous Baked Zucchini Fries

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>15 min</i>	<i>6</i>

Directions:

1. Preheat the AirFryer at 425F for 5 min.
2. In a mixing bowl, combine the garlic powder and almond flour. Season with salt and pepper to taste.
3. Soak the zucchini in the beaten eggs and then dredge in the almond flour mixture. Place inside the AirFryer basket and prepare dinner for 15 min at 450F.
4. Enjoy!

Ingredients:

- 3 medium zucchinis, sliced into fry sticks
- 2 large egg whites, beaten
- ½ cup almond flour
- ¼ tspn garlic powder
- Salt and pepper to taste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
78	4.6g	5.5g	4.4g	1.8g	0mg

AirFryer Brussels Sprouts

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	15 min	4

Directions:

1. Preheat the AirFryer at 350F for 5 min.
2. Mix all substances in a bowl until the Brussels sprouts are adequately coated.
3. Place in the AirFryer basket.
4. Cook for 15 min at 350F.
5. Enjoy!

Ingredients:

- 2 cups Brussels sprouts, halved
- 2 tbsps olive oil
- 1 tbspn balsamic vinegar
- ¼ tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
80	7.2g	4g	1.5g	1g	0mg

Wonderful AirFryer Garlic Chicken Wings

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	25 min	4

Directions:

1. Preheat the AirFryer at 400F for 5 min.
2. In a mixing bowl, combine the chicken wings, almond flour, stevia powder, and garlic. Season with salt and pepper to taste.

- Place in the AirFryer basket and cook for 25 min at 400F.
- Halfway through the Time to cook, make sure that you give the fryer basket a shake.
- Once cooked, place in a bowl and drizzle with melted butter. Toss to coat.
- Enjoy!

Ingredients:

- 16 pieces of chicken wings
- ¾ cup almond flour
- 2tbspns stevia powder
- 4tbspns diced garlic
- Salt and pepper to taste
- ¼ cup butter, melted

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
264	23.1g	8.1g	6.6g	0.1g	36mg

Old Bay Chicken Wings

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	25 min	4

Directions:

- Preheat the AirFryer at 350F for 5 min.
- In a mixing bowl, integrate all ingredients except for the butter.
- Place in the AirFryer basket.
- Cook for 25 min at 350F.
- Halfway through the Time to cook, shake the fryer basket for even cooking.
- Once cooked, drizzle with melted butter.
- Enjoy!

Ingredients:

- 16 pieces of chicken wings
- ¾ cup almond flour
- 1tbspn old bay spices
- 1tspn lemon juice, freshly squeezed
- Salt and pepper to taste
- ½ cup butter

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
353	34.6g	5.4g	6.2g	0.1g	67mg

Garlic Mushrooms

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
2 hour 5 min	20 min	4

Directions:

- Place all ingredients in a dish and mix until well combined.

2. Marinate for 2 hours in the fridge.
3. Preheat the AirFryer at 350F for 5 min.
4. Place the mushrooms in a heatproof dish that will fit in the AirFryer.
5. Cook for 20 min at 350F.
6. Enjoy!

Ingredients:

- 2 pounds mushrooms, sliced
- 3tbspns olive oil
- 2 cloves of garlic, diced
- ¼ cup coconut aminos

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
156	11.2g	11g	7.2g	3.9g	0mg

Magical AirFryer Tofu

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>35 min</i>	<i>20 min</i>	<i>6</i>

Directions:

1. Whisk together oil, paprika, and salt in a large bowl. Add tofu pieces and leave to marinate for 30 min.
2. Dust tofu with cornstarch.
3. Arrange tofu pieces in the frying basket and cook for 20 min at 370F, shaking to flip halfway through the Time to cook.

Ingredients:

- 400 grams Firm Tofu, cut into bite-sized cubes
- ¼ cup Sunflower Oil
- 1 tspn Paprika
- ½ tspn Salt
- 1 tspn Cornstarch

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
135	12g	3g	5.6g	0.5g	0mg

Buffalo Cauliflower Wings

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>14 min</i>	<i>4</i>

Directions:

1. Spray AirFryer basket with cooking spray.
2. In a bowl, mix together buffalo sauce, butter, pepper, and salt.
3. Add cauliflower florets into the AirFryer basket and cook at 400 F for 7 min.

4. Transfer cauliflower florets into the buffalo sauce mixture and toss well.
5. Again, add cauliflower florets into the AirFryer basket and cook for 7 min more at 400 F.
6. Enjoy.

Ingredients:

- 1 cauliflower head, cut into florets
- 1 tbspn butter, melted
- 1/2 cup buffalo sauce
- Pepper
- Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
45	3g	4g	1.3g	1.6g	8mg

Air Fry Bacon Preparation

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>10 min</i>	<i>11</i>

Directions:

1. Place half bacon slices in AirFryer basket.
2. Cook at 400 F for 10 min.
3. Cook remaining half bacon slices using same steps.
4. Enjoy.

Ingredients:

- 11 bacon slices

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
103	7.9g	0.3g	7g	0g	21mg

4. Transfer cauliflower florets into the buffalo sauce mixture and toss well.
5. Again, add cauliflower florets into the AirFryer basket and cook for 7 min more at 400 F.
6. Enjoy.

Ingredients:

- 1 cauliflower head, cut into florets
- 1 tbspn butter, melted
- 1/2 cup buffalo sauce
- Pepper
- Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
45	3g	4g	1.3g	1.6g	8mg

Air Fry Bacon Preparation

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>10 min</i>	<i>11</i>

Directions:

1. Place half bacon slices in AirFryer basket.
2. Cook at 400 F for 10 min.
3. Cook remaining half bacon slices using same steps.
4. Enjoy.

Ingredients:

- 11 bacon slices

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
103	7.9g	0.3g	7g	0g	21mg

Crunchy Bacon Bites

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	10 min	4

Directions:

1. Add bacon pieces in a bowl.
2. Add hot sauce and toss well.
3. Add crushed pork rinds and toss until bacon pieces are well coated.
4. Transfer bacon pieces in AirFryer basket and cook at 350 F for 10 min.
5. Enjoy.

Ingredients:

- ☐ 4 bacon strips, cut into small pieces
- ☐ 1/2 cup pork rinds, crushed
- ☐ 1/4 cup hot sauce

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
142	11.6g	0.3g	8.6g	0.2g	10mg

Exciting Italian Dip

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	12 min	8

Directions:

1. Add parmesan cheese and cream cheese into the food processor and process until smooth.
2. Transfer cheese mixture into the AirFryer pan and spread evenly.
3. Pour basil pesto on top of cheese layer.
4. Sprinkle roasted pepper on top of basil pesto layer.
5. Sprinkle mozzarella cheese on top of pepper layer and place dish in AirFryer basket.
6. Cook dip at 250 F for 12 min.
7. Enjoy.

Ingredients:

- ☐ 8 ounces cream cheese, softened
- ☐ 1 cup mozzarella cheese, shredded
- ☐ 1/2 cup roasted red peppers
- ☐ 1/3 cup basil pesto
- ☐ 1/4 cup parmesan cheese, grated

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
118	10.9g	1.7g	3.8g	0.6g	34mg

Sweet Potato Tots

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<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>31 min</i>	<i>2</i>

Directions:

1. Add water in large pot and bring to boil. Add sweet potatoes in pot and boil for 15 min. Drain well.
2. Grated boil sweet potatoes into a large bowl using a grated.
3. Add cajun seasoning and salt in grated sweet potatoes and mix until well combined.
4. Spray AirFryer basket with cooking spray.
5. Make small tot of sweet potato mixture and place in AirFryer basket.
6. Cook at 400 F for 8 min. Turn tots to another side and cook for 8 min more.

Ingredients:

- ☐ 2 sweet potatoes, peeled
- ☐ 1/2 tspn cajun seasoning
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
13	0g	3.1g	0.2g	0.6g	0mg

Magnificent Ranch Kale Chips

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>5 min</i>	<i>4</i>

Directions:

1. Add all ingredients into the large mixing bowl and toss well.
2. Spray AirFryer basket with cooking spray.
3. Add kale in AirFryer basket and cook for 4-5 min at 370 F. Shake halfway through.
4. Enjoy.

Ingredients:

- ☐ 4 cups kale, stemmed
- ☐ 1 tspn nutritional yeast flakes
- ☐ 2 tspn ranch seasoning
- ☐ 2 tspn olive oil
- ☐ 1/4 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
117	7.1g	8.2g	3.2g	0g	0mg

Curried Sweet Potato Fries

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>20 min</i>	<i>3</i>

Directions:

1. Add all ingredients into the large mixing bowl and toss well.
2. Spray AirFryer basket with cooking spray.
3. Transfer sweet potato fries in the AirFryer basket.
4. Cook for 20 min at 370 F. Shake halfway through.
5. Enjoy.

Ingredients:

- 2 small sweet potatoes, peel and cut into fries shape
- 1/4 tspn coriander
- 1/2 tspn curry powder
- 2 tspn olive oil
- 1/4 tspn sea salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
121	9.5g	9.3g	0.8g	1.8g	0mg

Scrumptious Roasted Almonds

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>8 min</i>	<i>8</i>

Directions:

1. Add pepper, paprika, garlic powder, and soy sauce in a bowl and Stir.
2. Add almonds and stir to coat.
3. Spray AirFryer basket with cooking spray.
4. Add almonds in AirFryer basket and cook for 6-8 min at 320 F. Shake basket after every 2 min.
5. Enjoy.

Ingredients:

- 2 cups almonds
- 1/4 tspn pepper
- 1 tspn paprika
- 1 tspn garlic powder
- 1 tspn soy sauce

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
145	12g	6.6g	5.5g	1.4g	0mg

Pepperoni Chips

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>2 min</i>	<i>8 min</i>	<i>6</i>

Directions:

1. Place 1 batch of pepperoni slices in the AirFryer basket.
2. Cook for 8 min at 360 F.

3. Cook remaining pepperoni slices using same steps.
4. Enjoy.

Ingredients:

- 6 ounces pepperoni slices

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
80	5g	1.5g	7.2g	0.5g	0mg

Yummy Crispy Eggplant

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>20 min</i>	<i>4</i>

Directions:

1. Add all ingredients into the large mixing bowl and toss well.
2. Transfer eggplant mixture into the AirFryer basket.
3. Cook at 375 F for 20 min. Shake basket halfway through.
4. Enjoy.

Ingredients:

- 1 eggplant, cut into 1-inch pieces
- 1/2 tspn Italian seasoning
- 1 tspn paprika
- 1/2 tspn red pepper
- 1 tspn garlic powder
- 2 tspn olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
111	8g	10.5g	1.9g	5g	1mg

Steak Nuggets

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>40 min</i>	<i>18 min</i>	<i>4</i>

Directions:

1. Add egg in a small bowl.
2. In a shallow bowl, mix together pork rind, cheese, and salt.
3. Dip each steak chunk in egg then coat with pork rind mixture and place on a plate. Place in refrigerator for 30 min.
4. Spray AirFryer basket with cooking spray.
5. Preheat the AirFryer to 400 F.
6. Place steak nuggets in AirFryer basket and cook for 15-18 min or until cooked. Shake after every 4 min.
7. Enjoy.

Ingredients:

- ☐ 1 lb beef steak, cut into chunks
- ☐ 1 large egg, lightly beaten
- ☐ 1/2 cup pork rind, crushed
- ☐ 1/2 cup parmesan cheese, grated
- ☐ 1/2 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
314	13.8g	0.6g	45g	0.1g	168mg

Scrummy Cheese Bacon Jalapeno Peppers

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	5 min	5

Directions:

1. In a bowl, combine together bacon, cream cheese, and cheddar cheese.
2. Stuff each jalapeno half with bacon cheese mixture.
3. Spray AirFryer basket with cooking spray.
4. Place stuffed jalapeno halved in AirFryer basket and cook at 370 F for 5 min.
5. Enjoy.

Ingredients:

- ☐ 10 fresh jalapeno peppers, cut in half and remove seeds
- ☐ 2 bacon slices, cooked and crumbled
- ☐ 1/4 cup cheddar cheese, shredded
- ☐ 6 ounces cream cheese, softened

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
195	17.3g	3.2g	7.2g	1g	52mg

Cabbage Chips

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	30 min	6

Directions:

1. Preheat the AirFryer to 250 F.
2. Divide cabbage in batches.
3. Add all ingredients into the large mixing bowl and toss well.
4. Spray AirFryer basket with cooking spray.
5. Add 1 cabbage chips batch in AirFryer basket and cook for 25-30 min at 250 F or until chips are crispy and lightly golden brown.
6. Enjoy.

Ingredients:

- ☐ 1 large cabbage head, tear cabbage leaves into pieces
- ☐ 2 tspn olive oil
- ☐ 1/4 cup parmesan cheese, grated

- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
92	5.4g	12.2g	3.4g	6.7g	2mg

Crispy & Healthy Kale Chips

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>5 min</i>	<i>2</i>

Directions:

1. Preheat the AirFryer to 370 F.
2. Add all ingredients into the large bowl and toss well.
3. Transfer kale mixture into the AirFryer basket and cook for 3 min.
4. Shake basket well and cook for 2 min more.
5. Enjoy.

Ingredients:

- ☐ 1 bunch of kale, remove stem and cut into pieces
- ☐ 1/2 tspn garlic powder
- ☐ 1 tspn olive oil
- ☐ 1/2 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
88	7g	6g	1.6g	0.5g	0mg

Healthy Broccoli Tots

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>15 min</i>	<i>4</i>

Directions:

1. Add broccoli into the microwave-safe bowl and microwave for 3 min.
2. Transfer steamed broccoli into the food processor and process until it looks like rice.
Transfer broccoli to a large mixing bowl.
3. Add remaining ingredients into the bowl and mix until well combined.
4. Spray AirFryer basket with cooking spray.
5. Make small tots from broccoli mixture and place into the AirFryer basket.
6. Cook broccoli tots for 12 min at 375 F.
7. Enjoy.

Ingredients:

- ☐ 1 lb broccoli, minced
- ☐ 1/2 cup almond flour
- ☐ 1/4 cup ground flaxseed
- ☐ 1/2 tspn garlic powder

☐ 1 tspn salt

☐

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
79	9.2g	13.3g	7.7g	2.3g	0mg

Juicy Meatballs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	14 min	5

Directions:

1. Spray AirFryer basket with cooking spray.
2. Preheat the AirFryer to 390 F.
3. Add all ingredients into the bowl and mix until well combined.
4. Make balls from meat mixture and place into the AirFryer basket.
5. Cook meatballs for 14 min. Shake basket 3-4 times while cooking.
6. Enjoy.

Ingredients:

- ☐ 1 lb ground beef
- ☐ 1 tspn garlic powder
- ☐ 1 egg, lightly beaten
- ☐ 1/2 onion, diced
- ☐ 1/4 tspn pepper
- ☐ 1 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
192	6.6g	2.5g	29.1g	1g	114mg

Delicious Bacon Jalapeno Peppers

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	8 min	10

Directions:

1. Preheat the AirFryer to 370 F.
2. Stuff cream cheese into each jalapeno half.
3. Wrap each jalapeno half with half bacon strip and place in the AirFryer basket.
4. Cook for 6-8 min.
5. Enjoy.

Ingredients:

- ☐ 10 jalapeno peppers, cut in half and remove seeds
- ☐ 1/3 cup cream cheese, softened
- ☐ 5 bacon strips, cut in half

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Calories	Fat	Carbs	Protein	Sugar	Cholesterol
83	7.4g	1.3g	2.8g	0.5g	9mg

BBQ Chicken Wings

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	15 min	4

Directions:

1. Preheat the AirFryer to 400 F.
2. Season chicken wings with garlic powder and pepper and place into the AirFryer basket.
3. Cook chicken wings for 15 min. Shake basket 3-4 times while cooking.
4. Transfer cooked chicken wings in a large mixing bowl. Pour BBQ sauce over chicken wings and toss to coat.
5. Enjoy.

Ingredients:

- ☐ 1 lb chicken wings
- ☐ 1/2 cup BBQ sauce, sugar-free
- ☐ 1/4 tbspn garlic powder
- ☐ Pepper

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
264	8.5g	11.7g	32.9g	8.3g	101mg

Healthy Vegetable Kabobs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10 min	4

Directions:

1. Cut all vegetables into 1-inch pieces.
2. Thread vegetables onto the soaked wooden skewers and season with pepper and salt.
3. Place skewers into the AirFryer basket and cook for 10 min at 390 F. Turn halfway through.
4. Enjoy.

Ingredients:

- ☐ 1/2 onion
- ☐ 1 zucchini
- ☐ 1 eggplant
- ☐ 2 bell peppers
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

61	0.5g	14.2g	2.5g	7.9g	0mg
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Luscious Shrimp Kabobs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	8 min	2

Directions:

1. Preheat the AirFryer to 350 F.
2. Add shrimp, lime juice, garlic, pepper, and salt into the bowl and toss well.
3. Thread shrimp onto the soaked wooden skewers and place into the AirFryer basket.
4. Cook for 8 min. Turn halfway through.
5. Enjoy.

Ingredients:

- ☐ 1 cup shrimp
- ☐ 1 lime juice
- ☐ 1 garlic clove, diced
- ☐ 1/4 tspn pepper
- ☐ 1/8 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
111	1.5g	4.2g	19.6g	0.4g	179mg

Mild & Sweet Shishito Peppers

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	5 min	2

Directions:

1. Add shishito peppers into the bowl and toss with olive oil.
2. Add shishito peppers into the AirFryer basket and cook at 390 F for 5 min. Shake halfway through.
3. Season shishito peppers with salt.
4. Enjoy.

Ingredients:

- ☐ 20 shishito Peppers
- ☐ 1 tspn olive oil
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
210	7g	30g	10g	20g	0mg

Broccoli Cheese Nuggets

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
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10 min

15 min

4

Directions:

1. Preheat the AirFryer to 325 F.
2. Spray AirFryer basket with cooking spray.
3. Add cooked broccoli into the bowl and using masher mash broccoli into the small pieces.
4. Add remaining ingredients to the bowl and mix well to combine.
5. Make small nuggets from broccoli mixture and place into the AirFryer basket.
6. Cook broccoli nuggets for 15 min.
7. Turn halfway through.
8. Enjoy.

Ingredients:

- ☐ 1/4 cup almond flour
- ☐ 2 cups broccoli florets, cooked until soft
- ☐ 1 cup cheddar cheese, shredded
- ☐ 2 egg whites
- ☐ 1/8 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
180	12.9g	5g	11.6g	1g	30mg

Artichoke Dip

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	24 min	6

Directions:

1. Preheat the AirFryer to 325 F.
2. Add all ingredients into the blender and blend until smooth.
3. Pour artichoke mixture into AirFryer baking dish and place into the AirFryer basket.
4. Cook dip for 24 min.
5. Serve with vegetables and enjoy.

Ingredients:

- ☐ 15 ounces artichoke hearts, drained
- ☐ 1 tspn Worcestershire sauce
- ☐ 3 cups arugula, minced
- ☐ 1 cup cheddar cheese, shredded
- ☐ 1 tspn onion, diced
- ☐ 1/2 cup mayonnaise

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
191	13g	13.4g	7.5g	2.8g	25mg

Yummy Chicken Dip

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<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>20 min</i>	<i>6</i>

Directions:

1. Preheat the AirFryer to 325 F.
2. Add all ingredients in a large bowl and mix until well combined.
3. Transfer mixture in AirFryer baking dish and place in the AirFryer.
4. Cook chicken dip for 20 min.
5. Enjoy.

Ingredients:

- ☐ 2 cups chicken, cooked and shredded
- ☐ 3/4 cup sour cream
- ☐ 1/4 tspn onion powder
- ☐ 8 ounces cream cheese, softened
- ☐ 3 tspn hot sauce
- ☐ 1/4 tspn garlic powder

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
267	20.7g	2.9g	17.4g	0.4g	90mg

Seductive Smoked Almonds

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>6 min</i>	<i>3</i>

Directions:

1. Add almond into the bowl and remaining ingredients and toss to coat.
2. Transfer almonds into the AirFryer basket and cook at 320 F for 6 min. Shake halfway through.
3. Enjoy.

Ingredients:

- ☐ 1 cup almonds
- ☐ 1/4 tspn cumin
- ☐ 1 tspn chili powder
- ☐ 1/4 tspn smoked paprika
- ☐ 2 tspn olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
275	25.8g	8.7g	7.2g	1.6g	0mg

Parmesan Zucchini Bites

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>10 min</i>	<i>6</i>

Directions:

1. Add all ingredients into the bowl and mix until well combined.
2. Spray AirFryer basket with cooking spray.
3. Make small balls from zucchini mixture and place into the AirFryer basket and cook at 400 F for 10 min.
4. Enjoy.

Ingredients:

- 1 egg, lightly beaten
- 4 zucchinis, grated and squeeze out all liquid
- 1 cup shredded coconut
- 1 tbspn Italian seasoning
- 1/2 cup parmesan cheese, grated

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
116	8.1g	7.1g	6g	3.4g	36mg

Healthy Broccoli Pop-corn

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	6 min	4

Directions:

1. In a bowl whisk egg yolk with melted butter, pepper, and salt. Add coconut flour and stir to combine.
2. Preheat the AirFryer to 400 F.
3. Spray AirFryer basket with cooking spray.
4. Coat each broccoli floret with egg mixture and place into the AirFryer basket and cook for 6 min.
5. Enjoy.

Ingredients:

- 2 cups broccoli florets
- 2 cups coconut flour
- 1/4 cup butter, melted
- 4 eggs yolks
- Pepper
- Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
411	22.2g	43.7g	12.1g	0.9g	240mg

Easy Rosemary Beans

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	5 min	2

Directions:

1. Preheat the AirFryer to 390 F.
2. Add all ingredients into the bowl and toss well.
3. Transfer green beans into the AirFryer basket and cook for 5 min.
4. Enjoy.

Ingredients:

- ☐ 1 cup green beans, minced
- ☐ 2 garlic cloves, diced
- ☐ 2 tspn rosemary, minced
- ☐ 1 tspn butter, melted
- ☐ 1/2 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
83	6.4g	7g	1.4g	0.8g	15mg

Appetizing Cheesy Brussels sprouts

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	5 min	2

Directions:

1. Toss Brussels sprouts with oil and season with salt.
2. Preheat the AirFryer to 375 F.
3. Transfer Brussels sprouts into the AirFryer basket and top with shredded cheese.
4. Cook for 5 min.
5. Enjoy.

Ingredients:

- ☐ 1 cup Brussels sprouts, halved
- ☐ 1/4 cup mozzarella cheese, shredded
- ☐ 1 tspn olive oil
- ☐ 1/4 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
89	7.8g	4.1g	2.5g	1g	2mg

Cute Cajun Kale Chips

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	5 min	4

Directions:

1. Add all ingredients into the large bowl and toss well.
2. Transfer kale into the AirFryer basket and cook at 195 F for 4-5 min.
3. Enjoy.

Ingredients:

- ☐ 3 kale heads, cut into pieces

- ☐ 2 tspn Worcestershire sauce
- ☐ 2 tspn sesame oil
- ☐ 1 1/2 tspn Cajun spice mix
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
117	7.2g	10.2g	2.8g	1.7g	0mg

Cheese Dill Mushrooms

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	5 min	6

Directions:

1. Chop mushrooms stem finely and place into the bowl.
2. Add parsley, dill, cheese, butter, and salt into the bowl and mix until well combined. Preheat the AirFryer to 400 F.
3. Stuff bowl mixture into the mushroom caps and place into the AirFryer basket.
4. Cook mushrooms for 5 min.
5. Enjoy.

Ingredients:

- ☐ 9 ounces mushrooms, cut stems
- ☐ 1 tspn dried parsley
- ☐ 1 tspn dried dill
- ☐ 6 ounces cheddar cheese, shredded
- ☐ 1 tspn butter
- ☐ 1/2 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
142	11.5g	2.1g	8.5g	0.9g	35mg

Healthy Toasted Nuts

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	9 min	4

Directions:

1. Preheat the AirFryer to 320 F.
2. Add all nuts into the AirFryer basket and cook for 8 min. Shake halfway through.
3. Drizzle nuts with olive oil and season with salt and toss well.
4. Cook nuts for 1 min more.
5. Enjoy.

Ingredients:

- ☐ 1/2 cup macadamia nuts
- ☐ 1/2 cup pecans

- ☐ 1 tbspn olive oil
- ☐ 1/4 cup walnuts
- ☐ 1/4 cup hazelnuts
- ☐ 1 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
277	28.7g	4.9g	4.7g	1.3g	0mg

Easy Radish Chips

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	15 min	12

Directions:

1. Preheat the AirFryer to 375 F.
2. Add all ingredients into the large bowl and toss well.
3. Add radish slices into the AirFryer basket and cook for 15 min. Shake basket 2-3 times while cooking.
4. Enjoy.

Ingredients:

- ☐ 1 lb radish, wash and slice into chips
- ☐ 2 tbspn olive oil
- ☐ 1/4 tbspn pepper
- ☐ 1 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
26	2.4g	1.4g	0.3g	0.7g	0mg

Parmesan Turnip Slices

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10 min	8

Directions:

1. Preheat the AirFryer to 360 F.
2. Add all ingredients into the mixing bowl and toss to coat.
3. Transfer turnip slices into the AirFryer basket and cook for 10 min.
4. Enjoy.

Ingredients:

- ☐ 1 lb turnip, peel and cut into slices
- ☐ 1 tbspn olive oil
- ☐ 3 ounces parmesan cheese, shredded
- ☐ 1 tbspn garlic powder
- ☐ 1 tbspn salt

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Calories	Fat	Carbs	Protein	Sugar	Cholesterol
69	4.1g	4.8g	4.1g	2.4g	8mg

Enchanting Chili Pepper Kale Chips

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	8 min	14

Directions:

1. Preheat the AirFryer to 370 F.
2. Add kale pieces into the AirFryer basket. Drizzle kale with oil.
3. Sprinkle chili pepper and salt over the kale and toss well.
4. Cook kale for 5 min. Shake well and cook for 3 min more.
5. Enjoy.

Ingredients:

- ☐ 1 lb kale, wash, dry and cut into pieces
- ☐ 2 tbspn olive oil
- ☐ 1 tbspn chili pepper
- ☐ 1 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
34	2g	3.5g	1g	0.1g	0mg

Cucumber Chips

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	11 min	12

Directions:

1. Wash cucumber and slice thinly using a mandolin slicer.
2. Preheat the AirFryer to 370 F.
3. Add cucumber slices into the AirFryer basket and sprinkle with garlic powder, paprika, and salt.
4. Toss well and cook for 11 min. Shake halfway through.
5. Enjoy.

Ingredients:

- ☐ 1 lb cucumber
- ☐ 1/2 tbspn garlic powder
- ☐ 1 tbspn paprika
- ☐ 1 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
9	0.1g	1.9g	0.4g	0.8g	0mg

Hearty Rutabaga Fries

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>18 min</i>	<i>8</i>

Directions:

1. Add all ingredients into the large mixing bowl and toss to coat.
2. Preheat the AirFryer to 365 F.
3. Transfer rutabaga fries into the AirFryer basket and cook for 18 min. Shake 2-3 times.
4. Enjoy.

Ingredients:

- ☐ 1 lb rutabaga, cut into fries' shape
- ☐ 2 tbspn olive oil
- ☐ 1 tbspn garlic powder
- ☐ 1/2 tbspn chili pepper
- ☐ 1/2 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
54	3.6g	5.5g	0.9g	3.5g	0mg

Kohlrabi Chips

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>20 min</i>	<i>10</i>

Directions:

1. Preheat the AirFryer to 320 F.
2. Add all ingredients into the bowl and toss to coat.
3. Transfer kohlrabi into the AirFryer basket and cook for 20 min.
4. Toss halfway through.
5. Enjoy.

Ingredients:

- ☐ 1 lb kohlrabi, peel and slice thinly
- ☐ 1 tbspn paprika
- ☐ 1 tbspn olive oil
- ☐ 1 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
26	1.5g	3.2g	0.9g	1.3g	0mg

Tasty Daikon Chips

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>16 min</i>	<i>6</i>

Directions:

1. Preheat the AirFryer to 375 F.
2. Add all ingredients into the bowl and toss to coat.
3. Transfer sliced the daikon into the AirFryer basket and cook for 16 min.
4. Toss halfway through.
5. Enjoy.

Ingredients:

- 15 ounces Daikon, slice into chips
- 1 tbspn olive oil
- 1 tbspn chili powder
- 1/2 tbspn pepper
- 1 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
39	2.6g	3.9g	1.6g	1.5g	0mg

Garlic Mushrooms

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>2 hours10 min</i>	<i>20 min</i>	<i>8</i>

Directions:

1. Add all ingredients into the large mixing bowl and mix well. Place in refrigerator for 2 hours. Preheat the AirFryer to 350 F.
2. Add Transfer marinated mushrooms into the AirFryer basket and cook for 20 min. Toss halfway through.
3. Enjoy.

Ingredients:

- 2 lbs mushrooms, sliced
- 1/4 cup coconut amino
- 2 garlic cloves, diced
- 3 tbspn olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
78	5.6g	5.5g	3.6g	2g	0mg

Savory Spicy Dip

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>5 min</i>	<i>6</i>

Directions:

1. Add all ingredients into the AirFryer baking dish and Stir.
2. Place dish in the AirFryer and cook at 380 F for 5 min.
3. Transfer pepper mixture into the blender and blend until smooth.

4. Enjoy.

Ingredients:

- ☐ 12 ounces hot peppers, minced
- ☐ 1 1/2 cups apple cider vinegar
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
35	0.3g	5.6g	1.1g	3.3g	0mg

Onion Dip

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>25 min</i>	<i>8</i>

Directions:

1. Melt butter in a pan over medium heat.
2. Add onion and baking soda and sauté for 5 min.
3. Transfer onion mixture into the AirFryer baking dish.
4. Place in the AirFryer and cook at 370 F for 25 min.
5. Enjoy.

Ingredients:

- ☐ 2 lbs onion, minced
- ☐ 1/2 tbspn baking soda
- ☐ 6 tbspn butter, softened
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
122	8.8g	10.6g	1.3g	4.8g	23mg

Simple Carrot Dip

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>15 min</i>	<i>6</i>

Directions:

1. Add all ingredients into the AirFryer baking dish and stir until well combined.
2. Place dish in the AirFryer and cook at 380 F for 15 min.
3. Transfer cook carrot mixture into the blender and blend until smooth.
4. Enjoy.

Ingredients:

- ☐ 2 cups carrots, grated
- ☐ 1/4 tbspn cayenne pepper
- ☐ 4 tbspn butter, melted

- ☐ 1 tbspn chives, minced
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
84	7.7g	3.8g	0.4g	1.8g	20mg

Dreamy Sesame Okra

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>4 min</i>	<i>4</i>

Directions:

1. In a bowl, whisk together egg, pepper, and salt.
2. Add okra into the whisked egg. Sprinkle with sesame seeds.
3. Preheat the AirFryer to 400 F.
4. Stir okra well. Spray AirFryer basket with cooking spray.
5. Place okra pieces into the AirFryer basket and cook for 4 min.
6. Enjoy.

Ingredients:

- ☐ 11 ounces okra, wash and chop
- ☐ 1 egg, lightly beaten
- ☐ 1 tbspn sesame seeds
- ☐ 1 tbspn sesame oil
- ☐ 1/4 tbspn pepper
- ☐ 1/2 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
91	5.8g	6.7g	3.3g	1.2g	41mg

- ☐ 1 tbspn chives, minced
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
84	7.7g	3.8g	0.4g	1.8g	20mg

Dreamy Sesame Okra

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>4 min</i>	<i>4</i>

Directions:

1. In a bowl, whisk together egg, pepper, and salt.
2. Add okra into the whisked egg. Sprinkle with sesame seeds.
3. Preheat the AirFryer to 400 F.
4. Stir okra well. Spray AirFryer basket with cooking spray.
5. Place okra pieces into the AirFryer basket and cook for 4 min.
6. Enjoy.

Ingredients:

- ☐ 11 ounces okra, wash and chop
- ☐ 1 egg, lightly beaten
- ☐ 1 tbspn sesame seeds
- ☐ 1 tbspn sesame oil
- ☐ 1/4 tbspn pepper
- ☐ 1/2 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
91	5.8g	6.7g	3.3g	1.2g	41mg

Poultry

Soulful Chicken Fajita

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	12 min	7

Directions:

1. Mix oregano, cayenne pepper, garlic powder, cumin, and paprika along with a pinch or 2 of pepper and salt. Set to the side.

1. Slice chicken breasts lengthwise into 2 slices.
2. Between 2 pieces of parchment paper, add breast slices and pound till they are ¼-inch thick. With seasoning, liberally season both sides of chicken slices.
3. Put 2 strips of each color of bell pepper and a few onion slices onto chicken pieces. Roll up tightly and secure with toothpicks.
4. Repeat with remaining ingredients and sprinkle and rub mixture that is left over the chicken rolls.
5. Lightly grease your AirFryer basket and place 3 rollups into the fryer. Cook 12 min at 400 degrees.
6. Repeat with remaining rollups.
7. Serve with salad!

Ingredients:

- 1 tbspn. salt
- 1-2 tbspn. brown sugar
- 1 tbspn. Worcestershire sauce
- ½ C. vegan butter
- ½ C. cayenne pepper sauce
- 4 pounds of chicken wings

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
560	21.4g	12g	76.3g	3.6g	231mg

Rosemary Turkey Breast with Maple Mustard Glaze

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
2 hours 5 min	20 min	6

Directions:

1. Mix pepper, salt, rosemary, garlic, and olive oil together. Spread herb mixture over turkey breast. Cover and chill 2 hours or overnight to marinade.
2. Make sure to remove from the fridge about half an hour before cooking.
3. Ensure your AirFryer is greased well and preheated to 400 degrees. Place loin into the fryer and cook 20 min.
4. While turkey cooks, melt butter in the microwave. Then add brown mustard and maple syrup.

Ingredients:

- ☐ 1 tbspn. vegan butter
- ☐ 1 tbspn. st1-ground brown mustard
- ☐ ¼ C. pure maple syrup
- ☐ 1 tbspn. crushed pepper
- ☐ 2 tbspn. salt
- ☐ ½ tbspn. dried rosemary
- ☐ 2 diced garlic cloves
- ☐ ¼ C. olive oil
- ☐ 2.5 pounds' turkey breast loin

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
326	12.3g	21g	32.7g	14.5g	81mg

Hearty Mexican Chicken Burgers

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	30 min	7

Directions:

1. Ensure your AirFryer is preheated to 350 degrees.
2. Add seasonings to a blender. Slice cauliflower into florets and add to blender.
3. Pulse till mixture resembles that of breadcrumbs.
4. Take out ¾ of the cauliflower mixture and add to a bowl. Set to the side. In another bowl, beat your egg and set it to the side.
5. Remove skin and b1s from chicken breasts and add to blender with remaining cauliflower mixture. Season with pepper and salt.
6. Take out mixture and form into burger shapes. Roll each patty in cauliflower crumbs, then the egg, and back into bits again.
7. Place coated patties into the AirFryer, cooking 20 min.
8. Flip over at a 10-min mark.

Ingredients:

- ☐ 1 tbspn. cayenne pepper
- ☐ 2 tbspn. mustard powder
- ☐ 2 tbspn. oregano
- ☐ 2 tbspn. thyme
- ☐ 3 tbspn. coconut milk
- ☐ 1 beaten egg
- ☐ ¼ C. cauliflower
- ☐ ¼ C. gluten-free oats
- ☐ Eight chicken drumsticks

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
147	6.1g	6.4g	16.8g	0.7g	46mg

Crispy Southern Fried Chicken

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	25 min	4

Directions :

1. Ensure AirFryer is preheated to 350 degrees.
2. Layout chicken and season with pepper and salt on all sides.
3. Add all other ingredients to a blender, blending till a smooth-like breadcrumb mixture is created.
4. Place in a bowl and add a beaten egg to another container.
5. Dip chicken into breadcrumbs, then into the egg, and breadcrumbs once more.
6. Place coated drumsticks into the AirFryer and cook for 20 min.
7. Bump up the temperature to 390 degrees and cook for another 5 min till crispy.

Ingredients:

- ☐ 1 jalapeno pepper
- ☐ 1tbspn. cayenne pepper
- ☐ 1tbspn. mustard powder
- ☐ 1tbspn. oregano
- ☐ 1tbspn. thyme
- ☐ 3tbspn. smoked paprika
- ☐ 1 beaten egg
- ☐ 1 small head of cauliflower
- ☐ 4 chicken breasts

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
337	12.8g	9.6g	46.3g	2.7g	130mg

Scrummy AirFryer Turkey Breast

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	60 min	7

Directions :

1. Preheat AirFryer to 350 degrees.
2. Season turkey with pepper, salt, and other desired seasonings.
3. Place turkey in the AirFryer basket.
4. Cook 20 minutes, turn over and cook about 30 to 40 minutes more depending on the size of your breast. Let it rest 10 minutes before carving. Enjoy!

Ingredients:

- ☐ Pepper and salt
- ☐ 1 oven-ready turkey breast
- ☐ Turkey seasonings of choice

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Calories	Fat	Carbs	Protein	Sugar	Cholesterol
174	2.9g	3.4g	28.6g	0g	86mg

Yummy Mustard Chicken Tenders

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	15 min	5

Directions :

1. Season tenders with pepper and salt.
2. Place a thin layer of mustard onto tenders and then dredge in flour and dip in egg.
3. Add to AirFryer and cook 10-15 min at 390 degrees till crispy.

Ingredients:

- ☐ 1 tbspn. cayenne pepper
- ☐ 2 tbspn. mustard powder
- ☐ 2 tbspn. oregano
- ☐ 2 tbspn. thyme
- ☐ 3 tbspn. coconut milk
- ☐ 1 beaten egg
- ☐ ¼ C. cauliflower
- ☐ ¼ C. gluten-free oats
- ☐ Eight chicken drumsticks

Ingredients:

- ☐ ½ C. coconut flour
- ☐ 1 tbspn. spicy brown mustard
- ☐ 2 beaten eggs
- ☐ 1 pound chicken boneless skinless breasts sliced into 1-inch thick strips

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
170	4.2g	8.1g	24.7g	0.1g	118mg

Chicken Kabobs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	20 min	4

Directions :

1. Chop up chicken into cubes, seasoning with a few sprays of olive oil, pepper, and salt.
2. Diced up bell peppers and cut mushrooms in half.
3. Mix soy sauce and honey till well combined.
4. Add sesame seeds and stir.
5. Skewer chicken, peppers, and mushrooms onto wooden skewers.
6. Ensure AirFryer is preheated to 388 degrees. Coat kabobs with honey-soy sauce.
7. Place coated kabobs in the AirFryer basket and cook for 15-20 min.

Ingredients:

- ☐ 2 diced chicken breasts
- ☐ 3 bell peppers
- ☐ Six mushrooms
- ☐ Sesame seeds
- ☐ 1/3 C. low-sodium soy sauce
- ☐ 1/3 C. raw honey
- ☐

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
278	6.8g	32.8g	24.7g	29.5g	65mg

Magical Salt and Pepper Chicken Wing Stir-Fry

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
30 min	32 min	14-20

Directions:

1. Coat AirFryer with oil.
2. Whisk pepper, salt, and egg white together till foamy.
3. Pat wings dry and add to the bowl of egg white mixture. Mix well. Let marinate at least 20 min.
3. Place coated wings in a big bowl and add starch. Dredge wings well. Shake off and add to the AirFryer basket.
4. Cook 25 min at 380 degrees. When timer sounds, bump up the temperature to 400 degrees and cook an additional 5 min till browned.
5. For the stir fry, remove seeds from jalapenos and chop up scallions. Add both to a bowl and set to the side.
6. Heat a wok with oil and add pepper, salt, scallions, and jalapenos. Cook 1 min. Add air fried chicken to skillet and toss with stir-fried veggies. Cook 60 seconds and devour!

Ingredients:

- ☐ ¾ C. potato starch
- ☐ ¼ tspn. pepper
- ☐ ½ tspn. salt
- ☐ 1 egg white
- ☐ 14-20 chicken wing pieces
- ☐ ¼ tspn. pepper
- ☐ 1 tspn. sea salt
- ☐ 2 tspn. avocado oil
- ☐ 2 trimmed scallions
- ☐ 2 jalapeno peppers

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
297	10.8g	4.4g	42.5g	0.1g	130mg

Cheesy Chicken Fritters

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
2 hours 10 min	20 min	17

Directions :

1. Slice chicken breasts into 1/3" pieces and place in a bowl.
2. Add all remaining fritter ingredients to the pan and Stir.
3. Cover and chill 2 hours or overnight.
4. Ensure your AirFryer is preheated to 350 degrees. Spray the basket with a bit of olive oil.
5. Add marinated chicken to the AirFryer and cook for 20 min, making sure to turn halfway through the cooking process.

Ingredients:

- ☐ ½ tbspn. salt
- ☐ 1/8 tbspn. pepper
- ☐ 1 ½ tbspn. fresh dill
- ☐ 1 1/3 C. shredded mozzarella cheese
- ☐ 1/3 C. coconut flour
- ☐ 1/3 C. vegan mayo
- ☐ 2 eggs
- ☐ 1 ½ pounds chicken breasts
- ☐ 1/8 tbspn. pepper
- ☐ ¼ tbspn. salt
- ☐ ½ tbspn. lemon juice
- ☐ 1 pressed garlic cloves
- ☐

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
111	5.2g	2.3g	13.2g	0.1g	56mg

Appetizing Fried "Mock KFC" Chicken

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
1 hour 15 min	20 min	5

Directions :

1. Wash and pat dry chicken thighs. Slice into small chunks.
2. Mash cloves and add them along with all spices in a blender. Blend until smooth and pour over chicken, adding milk and egg. Mix thoroughly.
3. Cover chicken and chill for 1 hour.
4. Add whey protein to a bowl and dredge coated chicken pieces. Shake excess powder.
5. Ensure your AirFryer is preheated to 390 degrees.
6. Add coated chicken and cook 20 min till crispy, making sure to turn halfway through cooking.

Ingredients:

- ☐ 1tbspn. chili flakes
- ☐ 1tbspn. curcumin
- ☐ 1tbspn. white pepper
- ☐ 1tbspn. ginger powder
- ☐ 1tbspn. garlic powder
- ☐ 1tbspn. paprika
- ☐ 1tbspn. powdered mustard
- ☐ 1tbspn. pepper
- ☐ 1tbspn. celery salt
- ☐ 1/3 tbspn. oregano
- ☐ ½ tbspn. basil
- ☐ ½ tbspn. thyme
- ☐ 2 garlic cloves
- ☐ 1 egg
- ☐ Six boneless, skinless chicken thighs
- ☐ 2 tbspn. unsweetened almond milk
- ☐ ¼ C. whey protein isolate powder

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
180	5.7g	4g	28.5g	0.6g	114mg

Crispy Panko Crusted Chicken Balls

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
2 hours 10 min	16 min	7

Directions :

1. Combine all ingredients except wings in a bowl.
2. Pour into a gallon bag and add chicken wings.
3. Chill 2 hours to marinate.
4. Ensure your AirFryer is preheated to 390 degrees.
5. Place chicken wings into a strainer to drain excess liquids.
6. Pour half of the wings into your AirFryer and cook 14-16 min, making sure to shake halfway through the cooking process.
7. Remove and repeat the process with remaining wings.

Ingredients:

- ☐ 1 tbspn. salt
- ☐ ½ C. red wine vinegar
- ☐ 5 tbspn. lime juice
- ☐ 4minced scallions
- ☐ 1 tbspn. grated ginger
- ☐ 2 tbspn. brown sugar
- ☐ 1 tbspn. minced thyme
- ☐ 1 tbspn. white pepper
- ☐ 1 tbspn. cayenne pepper
- ☐ 1 tbspn. cinnamon
- ☐ 1 tbspn. allspice

- ☐ 1 Habanero pepper
- ☐ Six minced garlic cloves
- ☐ 2 tbspn. low-sodium soy sauce
- ☐ 2 tbspn. olive oil
- ☐ 4 pounds of chicken wings

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
565	23.6g	8.8g	76.1g	3.7g	231mg

Crispy Panko Crusted Chicken Balls

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
30 min	20 min	6

Directions :

1. In a large bowl, combine the butter with garlic and parsley.
2. Divide and spoon 12 equal parts of the mixture on a baking sheet. Refrigerate for 20 min or until frouncesen.
3. Divide the ground chicken into 12 equal-sized parts, and press the center of each section to make an invention.
4. Add a spoon of butter mixture into the indentation. Wrap the mix in the ground chicken part and shape it into a ball.
5. Repeat with remaining butter mixture and ground chicken parts. Set aside.
6. Whisk the eggs in a separate bowl. In a third bowl, mix the panko, paprika, black pepper, and salt.
7. Drop each chicken ball in the whisked eggs, then in the panko mixture.
8. Repeat the dredging process for 1 more time. Shake the excess off. Transfer all balls to a baking sheet; refrigerate for 10 min.
9. Spritz the AirFryer basket with cooking spray, put the balls in the basket. You may need to work in batches to avoid overcrowding.
10. Put the AirFryer lid on and cook in the preheated AirFryer at 400°F for 10 min.
11. Spritz the balls with cooking spray and turn the balls over when the lid screen indicates 'TURN FOOD' halfway through the Time to cook.
12. Remove the chicken balls from the basket. Serve warm with ketchup, if desired.

Ingredients:

- ☐ 1 package (19-ounce) ground chicken breast
- ☐ 1 cup panko bread crumbs
- ☐ ½ cup unsalted butter softened
- ☐ 2 cloves garlic, crushed
- ☐ 2tbspns flat-leaf parsley, minced
- ☐ 2 eggs
- ☐ 1tspn paprika
- ☐ Salt and ground black pepper, to taste
- ☐ Cooking spray

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

325	18g	15g	28.2g	2.6g	151mg
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Flavorful Chicken Drumsticks

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	15 min	4

Directions :

1. Add all ingredients except chicken in a large mixing bowl and mix well.
2. Add chicken drumsticks to the bowl and mix until well coated.
3. Place chicken drumsticks on the instant vortex AirFryer rack air fry at 400 F for 15 min.
4. Turn chicken drumsticks to another side and cook for 15 min more.
5. Enjoy.

Ingredients:

- ☐ Eight chicken drumsticks
- ☐ ¼ tspn cayenne pepper
- ☐ 1 tspn onion powder
- ☐ 1 tspn garlic powder
- ☐ 1 ½ tspn honey
- ☐ 1 ½ tspn fresh lemon juice
- ☐ 1 tspn Worcestershire sauce
- ☐ ¼ cup soy sauce, low-sodium
- ☐ 1 tspn sesame oil
- ☐ 2 tspn olive oil

½ tspn kosher salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
297	15.8g	11.7g	26.9g	8.8g	81mg

Gorgeous Bang Bang Chicken with Yogurt Sauce

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	10 min	4

Directions :

1. In a bowl, whisk the egg, milk, and hot sauce together.
2. In a second bowl, mix the flour, tapioca starch, garlic, cumin, and salt. Set aside.
3. Dredge the chicken pieces in the egg mixture first, then in the flour mixture. Shake off the excess.
4. Spritz the AirFryer basket with cooking spray. Arrange them in the basket, and spritz with cooking spray.
5. Put the air fry lid on. Cook in the preheated AirFryer at 375°F for 5 min, shaking the basket once halfway through or until the chicken is crisp outside and juicy inside.
6. Meanwhile, to make the yogurt sauce, in a small bowl, mix the Greek yogurt, hot sauce, and sweet chili sauce.

Ingredients:

- ☐ 1 pound boneless, skinless chicken breasts
- ☐ 1 egg
- ☐ ½ cup milk
- ☐ 1tbspn hot pepper sauce
- ☐ ½ cup flour
- ☐ ½ cup tapioca starch
- ☐ 1tspn garlic, granulated
- ☐ ½ tspn cumin
- ☐ 1½ tspns salt

Yogurt Sauce:

- ☐ ¼ cup plain Greek yogurt
- ☐ 1 tspn hot sauce
- ☐ 3tbspns sweet chili sauce

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
406	10.5g	35.8g	38.4g	7.1g	146mg

Charming Air-fried Chicken

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>50 min</i>	<i>15 min</i>	<i>2</i>

Directions:

1. In a bowl, evenly combine the butter, garlic, parsley, and salt. Half the butter mixture and place on a baking sheet to cool for 10 min.
2. On a clean work surface, season the chicken with salt and pepper. Place the halved butter in the center of each chicken breast. Roll the side up to wrap the butter mixture, then wrap them in plastic. Refrigerate for 30 min.
3. In a second bowl, combine the flour and beaten egg. In a third bowl, combine the bread crumbs and paprika.
4. Remove the chicken from the refrigerator. Dredge each chicken breast in the second bowl, then in the third bowl.
5. Spritz the AirFryer basket with cooking spray, arrange the breaded chicken in the basket.
6. Put the air fry lid on and cook in the preheated AirFryer at 400°F for 10 min.
7. Spritz the chicken with cooking spray and flip when the lid screen indicates 'TURN FOOD' halfway through.
8. Transfer the cooked chicken to a platter and chill for 5 min. Slice to serve.

Ingredients:

- ☐ 2 (8-ounce) skinless, boneless chicken breast halves, pounded to the ¼-inch thickness
- ☐ 4tbspns butter softened
- ☐ 1 clove garlic, diced
- ☐ 2tbspns fresh flat-leaf parsley, minced
- ☐ 1 tspn salt
- ☐ Salt and ground black pepper to taste
- ☐ ½ cup all-purpose flour

- ☐ 1 egg, beaten
- ☐ 1 cup panko bread crumbs
- ☐ 1 tspn paprika
- ☐ Cooking spray

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
713	32.9g	64.3g	39.1g	3.8g	209mg

Healthy Air Fried Chicken

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	25 min	6

Directions :

1. Preheat the instant vortex AirFryer using bake mode at 390 F.
2. Add breadcrumbs, spices, and flour into the zip-lock bag and mix well.
3. In a bowl, mix chicken and buttermilk and let sit for 2 min.
4. Now put a single piece of chicken into the zip-lock bag and shake it until chicken is evenly coated with breadcrumb mixture.
5. Do this same with remaining chicken pieces.
6. Spray coated chicken with cooking spray.
7. Place chicken into the bottom tray of instant vortex AirFryer and bake for 25 min.
8. Enjoy.

Ingredients:

- ☐ Six chicken drumsticks, rinse and pat dry with a paper towel
- ☐ 1 tbspn ginger
- ☐ 1 tbspn onion powder
- ☐ 1 tbspn garlic powder
- ☐ 1 tbspn paprika
- ☐ 1 cup buttermilk
- ☐ ¼ cup brown sugar
- ☐ ½ cup breadcrumbs
- ☐ 1 cup all-purpose flour
- ☐ ½ tbspn pepper
- ☐ 1 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
245	3.9g	33.8g	18g	9.3g	42mg

Pretzel Crusted Chicken Chunks

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	15 min	6

Directions:

1. Dredge the chicken chunks in it until well coated.
2. Mix the crushed pretzels, paprika, shallot powder, salt, and pepper well in another bowl. And then toss the chicken into the mixture to get a good coating.
3. Arrange the well-coated chunks in the AirFryer basket. Put the AirFryer lid on and cook in the preheated AirFryer at 375°F for 12 min, shaking the AirFryer basket when it shows 'TURN FOOD' on the lid screen during Time to cook.
4. In the meantime, in a third bowl, combine the vegetable broth with tomato paste,
5. Worcestershire sauce, apple cider vinegar, and cornstarch.
6. Heat a frying pan over medium-high heat. Add the olive oil, then stir in the jalapeño pepper and garlic, and stir-fry for 30 to 40 seconds.
7. Pour the cornstarch mixture in the pan and bring it to a simmer. Keep stirring.
8. When the sauce starts to thicken, put the air-fried chicken chunks and mustard in.
9. Simmer it for an additional 2 min.
10. Transfer them onto a platter and serve.
11. Bon appetit !

Ingredients:

- ☐ 1½ pound chicken breasts, boneless, skinless, cut into bite-sized chunks
- ☐ ½ cup crushed pretzels
- ☐ 2 eggs
- ☐ 1 tspn paprika
- ☐ 1tspn shallot powderea Salt
- ☐ ½ cup vegetable broth
- ☐ 3tbspns tomato paste
- ☐ 3tbspns Worcestershire sauce
- ☐ 1tbspn apple cider vinegar
- ☐ 1 tbspn cornstarch
- ☐ 2 tbspns olive oil
- ☐ 1 jalapeño pepper, diced
- ☐ 2 garlic cloves, minced
- ☐ 1tspn yellow mustard

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
321	14.9	8.9	36.1	2.9	156mg

Dreamy Rustic Drumsticks with Tamari and Hot Sauce

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	40 min	6

Directions :

1. Spritz the AirFryer basket with the nonstick cooking spray.
2. Place the chicken drumsticks in the AirFryer basket.
3. Put the AirFryer lid on and cook in the preheated AirFryer at 375°F for 35 min.
4. Spritz the drumsticks with the nonstick cooking spray and flip when the lid screen indicates 'TURN FOOD' halfway through Time to cook.
5. Meanwhile, warm a saucepan over medium-low heat, then add oregano, tamari sauce, thyme, and hot sauce.

6. Cook for 2 to 4 min until it has a thick consistency. Transfer the cooked drumsticks to a plate.
7. Top with the sauce and serve.

Ingredients:

- ☐ Six chicken drumsticks
- ☐ Nonstick cooking spray

Sauce:

- ☐ ½ tspn dried oregano
- ☐ 3tbspns tamari sauce
- ☐ 1 tspn dried thyme
- ☐ 6 ounces hot sauce

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
88	2.9g	1.2g	13.8g	0.5g	40mg

Beautiful Oregano Whole Chicken

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	28 min	4

Directions :

1. Arrange chicken wings on prepared vortex AirFryer tray at 400 F for 7 min.
2. Turn chicken wings to the other side and air fry for 7 min more. Turn chicken wings again and air fry for another 7 min.
3. In a mixing bowl, mix cheese, butter, parsley, garlic, pepper, and salt.
4. Once chicken wings are d1, then transfer in mixing bowl and toss well with cheese mixture until well coated.
5. Enjoy.
6. Turn chicken wings to the other side and air fry for 7 min more. Turn chicken wings again and air fry for another 7 min.
7. In a mixing bowl, mix cheese, butter, parsley, garlic, pepper, and salt.
8. Once chicken wings will be ready, then transfer in mixing bowl and toss well with cheese mixture until well coated.
9. Enjoy.

Ingredients

- ☐ 1 lb chicken wings
- ☐ 1 tbspn parsley
- ☐ 2 tbspn garlic, diced
- ☐ ¾ cup parmesan cheese, grated
- ☐ 1 tbspn butter, melted
- ☐ ¼ tbspn pepper
- ☐ 1 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

282	13.6g	2.1g	36.6g	0.1g	116mg
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Crispy Chicken Tenders

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	15 min	4

Directions :

1. In a shallow bowl, beat egg.
2. Thoroughly mix the crushed chips, garlic powder, red pepper flakes, salt, and pepper in a separate bowl.
3. Rub the peanut oil all over the chicken tenders.
4. Dredge the chicken tenders in the egg mixture, then in the chip mixture. Shake off the excess.
5. Spritz the AirFryer basket with cooking spray.
6. Arrange the tenders in the basket.
7. Put the AirFryer lid on and cook in batches in the preheated AirFryer at 350°F for 12 to 13 min until cooked through.
8. Spritz the tenders with cooking spray and flip when the lid screen indicates 'TURN FOOD' halfway through the Time to cook.
9. Remove the tenders from the basket to a plate and serve garnished with peanuts.

Ingredients:

- ☐ 1 pounds chicken tenders
- ☐ 2 tbspsns peanut oil
- ☐ 1 egg
- ☐ ½ cup tortilla chips, crushed
- ☐ ½ tspn garlic powder
- ☐ 1tspn red pepper flakes
- ☐ Sea salt ground black pepper
- ☐ 2tbspsns peanuts, roasted and roughly minced
- ☐ Cooking spray

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
328	18.8g	2.9g	35.7g	0.4g	142mg

Pretty Turkey Tenders with Baby Potatoes

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
25 min	55 min	6

Direction :

1. In a bowl, rub 1tspn of olive oil all over the turkey tenders and sprinkle the paprika, salt, and black pepper to season.
2. Pour the white wine on the tenders and top with tarragon. Wrap in plastic and refrigerate to marinate for half an hour.

3. Arrange the tenders in the basket.
4. Put the AirFryer lid on and cook in the preheated AirFryer at 350°F for 30 min.
5. Turn the bids over when it shows 'TURN FOOD' on the lid screen halfway through.
6. Remove tenders from the AirFryer basket to a plate.
7. Chill for 5 to 9 min.
8. Spray the remaining olive oil on the sides and bottom of the AirFryer basket and cook the baby potatoes at 375°F for 16 min.
9. Shake the bucket for at least 3 times during the cooking. Slice the turkey tenders to serve, with the baby potatoes.

Ingredients:

- ☐ 2 pounds turkey tenders
- ☐ 1 pound baby potatoes, rubbed
- ☐ 2 tspns olive oil
- ☐ 1tspn smoked paprika
- ☐ Salt and ground black pepper, to taste
- ☐ 1tbspn fresh tarragon, minced
- ☐ 2tbspns dry white wine

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Herbed Turkey Breast

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>50 min</i>	<i>6</i>

Directions :

1. In a bowl, mix butter, garlic, sage, rosemary, thyme, lemon zest, pepper, and salt.
2. Rub the butter mixture all over the turkey breast.
3. Place turkey breast into the bottom rack of instant vortex AirFryer and cook at 350 F for 20 min.
4. Turn turkey breast to the other side and cook for 30 min more or until the internal temperature of turkey breast reaches 160 F.

Slice and serve.

Ingredients:

- ☐ 3 lbs turkey breast
- ☐ 3 garlic cloves, diced
- ☐ 1 tbspn fresh sage leaves, minced
- ☐ 1 tbspn rosemary leaves, minced
- ☐ 1 tbspn fresh thyme
- ☐ 3 tbspn butter
- ☐ 1 tbspn lemon zest, grated
- ☐ ½ tbspn pepper
- ☐ 1 tbspn kosher salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

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Healthy Chicken Popcorn

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>5 min</i>	<i>4</i>

Directions :

1. Season chicken pieces with pepper and salt.
2. Mix all-purpose flour in a medium bowl, and baking powder.
3. In another mixing bowl, mix egg, buttermilk, and Tabasco sauce.
4. Coat chicken with flour mixture, then dip chicken into the egg mixture, then again coat with flour mixture.
5. Place coated chicken pieces on prepared vortex AirFryer tray.
6. Spray painted chicken pieces with cooking spray. Air fry chicken popcorn at 400 F for min.
7. Turn chicken popcorn to another side and air fry for 5 min more.
8. Enjoy.

Ingredients :

- ☐ 1 lb chicken breast, skinless, boneless, and cut into 1-inch pieces
- ☐ 1 egg, lightly beaten
- ☐ ½ tspn Tabasco sauce
- ☐ 1 cup buttermilk
- ☐ 1 tspn baking powder
- ☐ 1 cup all-purpose flour
- ☐ ½ tspn pepper
- ☐ 1 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Beautiful Oregano Whole Chicken

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>18 min</i>	<i>7</i>

Directions :

1. Rub the black pepper and salt evenly over the chicken. In a mixing bowl, combine cayenne, paprika, garlic powder, onion powder, oregano, and thyme.
2. Add the chicken and coat well.
3. Grease AirFryer Basket with some cooking spray.
4. Add the chicken pieces.
5. Place AirFryerAirFryer Crisp over kitchen platform.
6. Press Air Fry, set the temperature to 400°F and set the timer to 5 min to preheat.
7. Press "Start" and allow it to preheat for 5 min.
8. In the inner pot, place the AirFryer basket.

9. Close the Crisp Lid and press the "Air Fry" setting. Set temperature to 350°F and set the timer to 18 min. Press "Start."
10. Halfway down, open the Crisp Lid, shake the basket and close the lid to continue cooking for the remaining time.
11. Open the Crisp Lid after Time to cook is over.
12. Serve warm with your choice of dip.

Ingredients:

- ☐ cut into eight pieces,
- ☐ 3-pound whole chicken
- ☐ 2 tspns onion powder
- ☐ 2tspns garlic powder
- ☐ 1 tspn oregano dried
- ☐ 1tbspnthyme, dried
- ☐ ½ tspn ground black pepper
- ☐ ½ tspn kosher salt
- ☐ 1tspn paprika, smoked
- ☐ ¼ tspn cayenne

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Wonderful Mustard Turkey

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>37 min</i>	<i>4</i>

Directions :

1. Season the turkey with black pepper and salt. Evenly rub the thyme, rosemary, and sage over the turkey.
2. Combine the melted butter in a mixing bowl, Dijon mustard, maple syrup.
3. Grease AirFryer Basket with some cooking spray. Add the seasoned turkey.
4. Place AirFryerAirFryer Crisp platform. Press AirFryer, set the temperature to 400°F and set the timer to 5 min to preheat. Press "Start" and allow it to preheat for 5 min.
5. In the inner pot, place the AirFryer basket.
6. Close the Crisp Lid and press the "Air Fry" setting. Set temperature to 390°F and set the timer to 35 min. Press "Start."
7. Halfway down, open the Crisp Lid, shake the basket and close the lid to continue cooking for the remaining time.
8. Open the Crisp Lid after Time to cook is over. Spread the maple syrup over the turkey and Air Fry for 2-3 more min.
9. Serve warm.

Ingredients:

- ☐ 2-pound turkey breast
- ☐ 1tspn coarsely minced sage
- ☐ 1 tspnminced thyme
- ☐ 1tspn finely minced rosemary
- ☐ 1 tbspn butter

- ☐ ¾ tspn ground black pepper
- ☐ ¼ cup maple syrup
- ☐ 2tbspns Dijon mustard
- ☐ ½ tspn kosher salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Almond Flour Coco-Milk Battered Chicken

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>30 min</i>	<i>4</i>

Directions :

1. Preheat the AirFryer oven for 5 min. Mix the egg and coconut milk in a bowl. Soak the chicken thighs in the beaten egg mixture. In a mixing bowl, combine the almond flour, Cajun seasoning, salt, and pepper.
2. Dredge the chicken thighs in the almond flour mixture. Place in the AirFryer basket. Cook for 30 min at 350°F.

Ingredients:

- ☐ ¼ cup of coconut milk
- ☐ ½ cup almond flour
- ☐ 1 ½ tbspn old bay Cajun seasoning
- ☐ 1 egg, beaten
- ☐ 4 small chicken thighs
- ☐ Salt and pepper to taste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Chicken Kebabs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>20 min</i>	<i>2</i>

Direction :

1. Toss chicken and veggies with all the spices and seasoning in a bowl.
2. Alternatively, thread them on skewers and place these skewers in the AirFryer basket.
3. Press "Power Button" of Air Fry Oven and turn the dial to select the "Air Fry" mode.
4. Press the Time button and again turn the dial to set the Time to cook to 20 min.
5. Now push the Temp button and rotate the dial to set the temperature at 350 degrees F.
6. Once preheated, place the baking dish inside and close its lid.
7. Flip the skewers when cooked halfway through then resume cooking.
8. Serve warm.

Ingredients

- ☐ 16 ounces skinless chicken breasts, cubed
- ☐ 2 tbspsn soy sauce
- ☐ ½ zucchini sliced
- ☐ 1tbspn chicken seasoning
- ☐ 1 tspn bbq seasoning
- ☐ salt and pepper to taste
- ☐ ½ green pepper sliced
- ☐ ½ red pepper sliced
- ☐ ½ yellow pepper sliced
- ☐ ¼ red onion sliced
- ☐ 4 cherry tomatoes
- ☐ cooking spray

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Fabulous Asian Chicken Kebabs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>12 min</i>	<i>6</i>

Direction :

1. Toss chicken and veggies with all the spices and seasoning in a bowl.
2. Alternatively, thread them on skewers and place these skewers in the AirFryer basket.
3. Press “Power Button” of Air Fry Oven and turn the dial to select the “Air Fry” mode.
4. Press the Time button and again turn the dial to set the Time to cook to 12 min.
5. Now push the Temp button and rotate the dial to set the temperature at 380 degrees F.
6. Once preheated, place the baking dish inside and close its lid.
7. Flip the skewers when cooked halfway through then resume cooking.
8. Serve warm.

Ingredients:

- ☐ 2 lbs. chicken breasts, cubed
- ☐ 1/2 cup soy sauce
- ☐ Six cloves garlic, crushed
- ☐ 1tspn fresh ginger, grated
- ☐ 1/2 cup golden sweetener
- ☐ 1 red pepper, minced
- ☐ 1/2 red onion, minced
- ☐ Eight mushrooms halved
- ☐ 2 cups zucchini, minced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Easy Chicken Soy Skewers

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>7 min</i>	<i>4</i>

Direction :

1. Toss chicken with all the sauces and seasonings in a baking pan.
2. Press "Power Button" of Air Fry Oven and turn the dial to select the "Air Fry" mode.
3. Press the Time button and again turn the dial to set the Time to cook to 7 min.
4. Now push the Temp button and rotate the dial to set the temperature at 390 degrees F.
5. Once preheated, place the baking dish inside and close its lid.
6. Serve warm

Ingredients :

- ☐ 1-lb. boneless chicken tenders, diced
- ☐ 1/2 cup soy sauce
- ☐ 1/2 cup pineapple juice
- ☐ 1/4 cup sesame seed oil
- ☐ 4 garlic cloves, minced
- ☐ 4 scallions, minced
- ☐ 1 tbspn grated ginger
- ☐ 2 tspsns toasted sesame seeds
- ☐ black pepper

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Kebab Tavuk Sheesh

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>40 min</i>	<i>10 min</i>	<i>2</i>

Direction :

1. Mix chicken with yogurt and all the seasonings in a bowl.
2. Marinate the yogurt chicken for 30 min in the refrigerator.
3. Thread chicken pieces on the skewers and place these skewers in the AirFryer basket.
4. Press "Power Button" of Air Fry Oven and turn the dial to select the "Air Fry" mode.
5. Press the Time button and again turn the dial to set the Time to cook to 10 min.
6. Now push the Temp button and rotate the dial to set the temperature at 370 degrees F.
7. Once preheated, place the baking dish inside and close its lid.
8. Flip the skewers when cooked halfway through then resume cooking.
9. Serve warm.

Ingredients:

- ☐ 1/4 cup plain yogurt
- ☐ 1tbspn garlic, diced

- ☐ 1tbspn tomato paste
- ☐ 1 tbspn olive oil
- ☐ 1 tbspn lemon juice
- ☐ 1 tspn salt
- ☐ 1 tspn ground cumin
- ☐ 1tspn smoked paprika
- ☐ 1/2 tspn ground cinnamon
- ☐ 1/2 tspn ground black pepper
- ☐ 1/2 tspn cayenne
- ☐ 1 lb. boneless skinless chicken thighs, quartered

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Delish Chicken Mushroom Kebab

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>15 min</i>	<i>4</i>

Direction :

1. Toss chicken, mushrooms and veggies with all the honey, and seasoning in a bowl.
2. Alternatively, thread them on skewers and place these skewers in the AirFryer basket.
3. Press “Power Button” of Air Fry Oven and turn the dial to select the “Air Fry” mode.
4. Press the Time button and again turn the dial to set the Time to cook to 15 min.
5. Now push the Temp button and rotate the dial to set the temperature at 350 degrees F.
6. Once preheated, place the baking dish inside and close its lid.
7. Flip the skewers when cooked halfway through then resume cooking.
8. Serve warm.

Ingredients:

- ☐ 1/3 cup honey
- ☐ 1/3 cup soy sauce
- ☐ Salt, to taste
- ☐ Six mushrooms chop in half
- ☐ 3 bell peppers, cubed
- ☐ 2 chicken breasts diced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Chicken Fajita Skewers

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>8 min</i>	<i>2</i>

Direction :

1. Toss chicken and veggies with all the spices and seasoning in a bowl.
2. Alternatively, thread them on skewers and place these skewers in the AirFryer basket.
3. Press "Power Button" of Air Fry Oven and turn the dial to select the "Air Fry" mode.
4. Press the Time button and again turn the dial to set the Time to cook to 8 min.
5. Now push the Temp button and rotate the dial to set the temperature at 360 degrees F.
6. Once preheated, place the baking dish inside and close its lid.
7. Flip the skewers when cooked halfway through then resume cooking.
8. Serve warm.

Ingredients:

- ☐ 1 lb. chicken breasts, diced
- ☐ 1 tbspn lemon juice
- ☐ 1 tspn chili powder
- ☐ 1 tspn cumin
- ☐ 1 orange bell pepper, cut into squares
- ☐ 1 red bell pepper, cut into squares
- ☐ 2 tbspn olive oil
- ☐ 1 tspn garlic powder
- ☐ 1 large red onion, cut into squares
- ☐ 1 tspn salt
- ☐ 1 tspn ground black pepper
- ☐ 1 tspn oregano
- ☐ 1 tspn parsley flakes
- ☐ 1 tspn paprika

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Yummy Zucchini Chicken Kebabs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>16 min</i>	<i>4</i>

Direction :

1. Toss chicken and veggies with all the spices and seasoning in a bowl.
2. Alternatively, thread them on skewers and place these skewers in the AirFryer basket.
3. Press "Power Button" of Air Fry Oven and turn the dial to select the "Air Fry" mode.
4. Press the Time button and again turn the dial to set the Time to cook to 16 min.
5. Now push the Temp button and rotate the dial to set the temperature at 380 degrees F.
6. Once preheated, place the baking dish inside and close its lid.
7. Flip the skewers when cooked halfway through then resume cooking.
8. Serve warm.

Ingredients:

- ☐ 1 large zucchini, cut into squares
- ☐ 2 chicken breasts boneless, skinless, cubed
- ☐ 1 onion yellow, cut into squares

- ☐ 1.5 cup grape tomatoes
- ☐ 1 clove garlic diced
- ☐ 1 lemon juiced
- ☐ 1/4 c olive oil
- ☐ 1 tbspn olive oil
- ☐ 2tbspns red wine vinegar
- ☐ 1 tspn oregano

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Enjoyable Basil-Garlic Breaded Chicken Bake

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>28 min</i>	<i>2</i>

Directions :

1. In a shallow bowl, whisk well egg substitute and place flour in a separate bowl.
2. Dip chicken in flour, then egg, and then flour. In a small bowl, whisk fresh butter, bread crumbs, and cheese.
3. Sprinkle over chicken.
4. Lightly grease the baking pan of the AirFryer with cooking spray.
5. Place breaded chicken on the bottom of the pan.
6. Cover with foil.
7. For 20 min, cook at 390°F. Meanwhile, in a bowl whisk well-remaining ingredient.
8. Remove foil from pan and then pour over chicken the remaining Ingredients.
9. Cook for 8 min.
10. Enjoy.

Ingredients:

- ☐ 2 boneless skinless chicken breast halves (4 ounces each)
- ☐ 1 tbspn butter, melted
- ☐ 1 large tomato, seeded and minced
- ☐ 2 garlic cloves, diced
- ☐ 1 1/2 tbspns dicedfresh basil
- ☐ 1/2 tbspn olive oil
- ☐ 1/2 tspn salt
- ☐ 1/4 cup all-purpose flour
- ☐ 1/4 tspn pepper
- ☐ 1/4 cup egg substitute
- ☐ 1/4 cup grated Parmesan cheese
- ☐ 1/4 cup dry bread crumbs

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Finger-licking Chicken Alfredo Bake

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>25 min</i>	<i>6</i>

Direction :

1. Whisk cream, broth, chicken, pasta, and all the ingredients in a casserole dish.
2. Press "Power Button" of Air Fry Oven and turn the dial to select the "Bake" mode.
3. Press the Time button and again turn the dial to set the Time to cook to 25 min.
4. Now push the Temp button and rotate the dial to set the temperature at 380 degrees F.
5. Once preheated, place the baking dish inside and close its lid.
6. Serve warm.

Ingredients:

- ☐ 1 tbspn olive oil
- ☐ 3 chicken breasts, cubed salt, to taste
- ☐ Black pepper, to taste
- ☐ 4 cloves garlic, diced
- ☐ 2 ½ cups chicken broth
- ☐ 2 ½ cups heavy cream
- ☐ 1 cup penne pasta, uncooked
- ☐ 2 cups parmesan cheese
- ☐ 2 cups mozzarella cheese
- ☐ 1 handful fresh parsley, minced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Roasted Goose

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>40 min</i>	<i>12</i>

Directions :

1. Place the goose in a baking tray and whisk the rest of the ingredients in a bowl.
2. Pour this thick sauce over the goose and brush it liberally.
3. Press "Power Button" of Air Fry Oven and turn the dial to select the "Air Roast" mode.
4. Press the Time button and again turn the dial to set the Time to cook to 40 min.
5. Now push the Temp button and rotate the dial to set the temperature at 355 degrees F.
6. Once preheated, place the casserole dish inside and close its lid.
7. Serve warm.

Ingredients :

- ☐ 8 lbs. goose
- ☐ Juice of a lemon

- ☐ Salt and pepper
- ☐ 1/2 yellow onion, peeled and minced
- ☐ 1 head garlic, peeled and minced
- ☐ 1/2 cup wine
- ☐ 1 tspn dried thyme

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Holiday Roast Goose

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>60 min</i>	<i>12</i>

Directions :

1. Place the goose in a baking dish and brush it with syrup.
2. Set the lemon and lime slices on top of the goose.
3. Add all the herbs and spice powder over the lemon slices.
4. Press "Power Button" of Air Fry Oven and turn the dial to select the "Air Roast" mode.
5. Press the Time button and again turn the dial to set the Time to cook to 60 min.
6. Now push the Temp button and rotate the dial to set the temperature at 375 degrees F.
7. Once preheated, place the baking dish inside and close its lid.
8. Serve warm.

Ingredients :

- ☐ 2 goose
- ☐ 2 lemons, sliced
- ☐ 1 ½ lime, sliced
- ☐ ½ tspn Chinese five-spice powder
- ☐ ½ handful parsley, minced
- ☐ ½ handful sprigs, minced
- ☐ ½ handful thyme, minced
- ☐ ½ handful sage, minced
- ☐ 1 ½ tbspn clear honey
- ☐ ½ tbspn thyme leaves

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Fantastic Buffalo Chicken Wings

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>30 min</i>	<i>8</i>

Directions :

1. Whisk salt, brown sugar, Worcestershire sauce, butter, and hot sauce together and set to the side.
2. Dry wings and add to the AirFryer basket.
3. Set temperature to 380°F, and set time to 25 min. Cook is tossing halfway through.
4. When the timer sounds, shake wings and bump up the temperature to 400 degrees and cook for another 5 min.
5. Take out wings and place them into a big bowl.
6. Add sauce and toss well.
7. Serve alongside celery sticks.

Ingredients :

- ☐ 1 tbspn. salt
- ☐ 1-2 tbspn. brown sugar
- ☐ 1 tbspn. Worcestershire sauce
- ☐ ½ C. vegan butter
- ☐ ½ C. cayenne pepper sauce
- ☐ 4 pounds of chicken wings

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Honey and Wine Chicken Breasts

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>15 min</i>	<i>4</i>

Directions :

1. Firstly, pat the chicken breasts dry.
2. Lightly coat them with the melted butter.
3. Then, add the remaining ingredients.
4. Transfer them to the AirFryer basket; bake about 15 min at 330 degrees F.
5. Serve warm and enjoy!

Ingredients :

- ☐ 2 chicken breasts, rinsed and halved
- ☐ 1tbspn melted butter
- ☐ 1/2 tspn ground pepper
- ☐ 3/4 tspn salt
- ☐ 1 tspn paprika
- ☐ 1tspn dried rosemary
- ☐ 2tbspns dry white wine
- ☐ 1 tbspnhoney

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Great Lemon-Pepper Chicken Wings

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	30min	4

Directions :

1. Place the sides in a sealable plastic bag.
2. Drizzle the sides with the lemon juice.
3. Season the teams with the garlic powder, onion powder, and salt and pepper to taste.
4. Seal the bag. Shake thoroughly to combine the seasonings and coat the wings.
5. Pour the buttermilk and the flour into separate bowls large enough to dip the wings.
6. Spray the AirFryer oven basket with cooking oil.
7. 1 at a time, dip the wings in the buttermilk and then the flour.
8. Place the wings in the AirFryer oven basket. It is okay to stack them on top of each other.
9. Spray the sides with cooking oil, being sure to spray the bottom layer.
10. Set temperature to 360°F and cook for 5 min.
11. Remove the basket and shake it to ensure all of the pieces will cook thoroughly.
12. Return the basket to the AirFryer oven and continue to cook the chicken.
13. Repeat shaking every 5 min until a total of 20 min has passed.
14. Cool before serving.

Ingredients :

- ☐ 1/8 C. water
- ☐ ½ tspn. salt
- ☐ 4 tspn. dicedgarlic
- ☐ ¼ C. vegan butter
- ☐ ¼ C. raw honey
- ☐ ¾ C. almond flour
- ☐ 16 chicken wings

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Yummy BBQ Chicken Recipe from Greece

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
3 hours 10 min	12 min	4

Directions :

1. In a shallow dish, mix well rosemary, pepper, salt, oregano, lemon juice, lemon zest, feta cheese, and yogurt.
2. Add chicken and toss well to coat.
3. Marinate in the ref for 3 hours.
4. Thread bell pepper, onion, and chicken pieces in skewers.

5. Place on a skewer rack.
6. For 12 min, cook on 360°F. Halfway through Time to cook, turnover skewers.
7. If needed, cook in batches.
8. Enjoy.

Ingredients :

- ☐ 1 (8 ounces) container fat-free plain yogurt
- ☐ 2 tbsps fresh lemon juice
- ☐ 2 tspns dried oregano
- ☐ 1-pound skinless, boneless chicken breast halves - cut into 1-inch pieces
- ☐ 1 large red onion, cut into wedges
- ☐ 1/2 tspn lemon zest
- ☐ 1/2 tspn salt
- ☐ 1 large green bell pepper
- ☐ cut into 1 1/2-inch piece
- ☐ 1/3 cup crumbled feta cheese with basil and sun-dried tomatoes
- ☐ 1/4 tspn ground black pepper
- ☐ 1/4 tspn crushed dried rosemary

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Magnificent Crispy Honey Garlic Chicken Wings

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>30min</i>	<i>8</i>

Directions :

1. Rinse off and dry chicken wings well.
2. Spray AirFryer basket with olive oil.
3. Coat chicken wings with almond flour and add coated sides to the AirFryer.
4. Pour into the Oven basket.
5. Place the basket on the middle shelf of the AirFryer oven.
6. Set temperature to 380 F, and set time to 25 min.
7. Cook is shaking every 5 min.
8. When the timer goes off, cook 5-10 min at 400 degrees till the skin becomes crispy and dry.
9. As chicken cooks, melt butter in a saucepan and add garlic.
10. Sauté garlic 5 min.
11. Add salt and honey, simmer 20 min. Often stir, so the sauce does not burn.
12. Add a bit of water after 15 min to ensure the sauce does not harden.
13. Take out chicken wings from the AirFryer and coat in sauce. Enjoy!

Ingredients:

- ☐ Eight whole chicken wings
- ☐ Juice of ½ lemon
- ☐ ½ tspn garlic powder
- ☐ 1 tspn onion powder

- ☐ Salt
- ☐ Pepper
- ☐ ¼ cup low-fat buttermilk
- ☐ ½ cup all-purpose flour
- ☐ Cooking oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Mexican Chicken Burgers

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	20 min	6

Directions :

1. Ensure your AirFryer oven is preheated to 350 degrees.
2. Add seasonings to a blender. Slice cauliflower into florets and add to blender.
3. Pulse till mixture resembles that of breadcrumbs.
4. Take out ¾ of the cauliflower mixture and add to a bowl. Set to the side. In another bowl, beat your egg and set it to the side.
5. Remove skin and b1s from chicken breasts and add to blender with remaining cauliflower mixture. Season with pepper and salt.
6. Take out mixture and form into burger shapes.
7. Roll each patty in cauliflower crumbs, then the egg, and back into bits again.
8. Place coated patties into the Oven rack/basket.
9. Place the Rack on the middle-shelf of the AirFryer oven.
10. Set temperature to 350°F and set time to 10 min. Flip over at a 10-min mark.
11. Serving and Enjoy.

Ingredients:

- ☐ 1 jalapeno pepper
- ☐ 1 tspn. cayenne pepper
- ☐ 1 tspn. mustard powder
- ☐ 1 tspn. oregano
- ☐ 1 tspn. thyme
- ☐ 3 tspn. smoked paprika
- ☐ 1 beaten egg
- ☐ 1 small head of cauliflower
- ☐ 4 chicken breasts

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Caesar Marinated Grilled Chicken

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>

10 min	12min	3
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Directions :

1. In a shallow dish, mix well chicken, 2 tbspn Caesar dressing, parmesan, and breadcrumbs. Mix well with hands.
2. Form into 1-inch oval patties.
3. Thread chicken pieces in skewers. Place on skewer rack in AirFryer oven.
4. For 12 min, cook on 360°F. Halfway through Time to cook, turnover skewers. If needed, cook in batches.
5. Enjoy on a bed of lettuce and sprinkle with croutons and extra dressing.

Ingredients :

- ☐ ¼ cup crouton
- ☐ 1 tspn lemon zest. Form into ovals, skewer, and grill.
- ☐ 1/2 cup Parmesan
- ☐ 1/4 cup breadcrumbs
- ☐ 1-pound ground chicken
- ☐ 2 tbspn Caesar dressing and more for drizzling
- ☐ 2-4 romaine leaves

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

10 min	12min	3
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Directions :

1. In a shallow dish, mix well chicken, 2 tbspn Caesar dressing, parmesan, and breadcrumbs. Mix well with hands.
2. Form into 1-inch oval patties.
3. Thread chicken pieces in skewers. Place on skewer rack in AirFryer oven.
4. For 12 min, cook on 360°F. Halfway through Time to cook, turnover skewers. If needed, cook in batches.
5. Enjoy on a bed of lettuce and sprinkle with croutons and extra dressing.

Ingredients :

- ☐ ¼ cup crouton
- ☐ 1 tspn lemon zest. Form into ovals, skewer, and grill.
- ☐ 1/2 cup Parmesan
- ☐ 1/4 cup breadcrumbs
- ☐ 1-pound ground chicken
- ☐ 2 tbspn Caesar dressing and more for drizzling
- ☐ 2-4 romaine leaves

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Adorable Fried Chicken Livers

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>10 min</i>	<i>4</i>

Directions :

1. Clean and rinse the livers, pat dry.
2. Beat eggs in a shallow bowl and mix in milk.
3. In another bowl, combine flour, cornmeal, and seasoning, mixing until even.
4. Dip the livers in the egg mix, then toss them in the flour mix.
5. Pour into the Oven rack/basket.
6. Place the Rack on the middle-shelf of the AirFryer oven.
7. Set temperature to 375°F, and set time to 10 min.
8. Toss at least once halfway through.

Ingredients :

- ☐ 1 pound chicken livers
- ☐ 1 cup flour
- ☐ 1/2 cup cornmeal
- ☐ 2tspns your favorite seasoning blend
- ☐ 3 eggs
- ☐ 2 tbsps milk

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Crispy Southern Fried Chicken

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>25 min</i>	<i>4</i>

Directions:

1. Ensure the AirFryer oven is preheated to 350 degrees.
2. Layout chicken and season with pepper and salt on all sides.
3. Add all other ingredients to a blender, blending till a smooth-like breadcrumb mixture is created. Place in a bowl and add a beaten egg to another container.
4. Dip chicken into breadcrumbs, then into the egg, and breadcrumbs once more.

Place coated drumsticks into the AirFryer basket. Set temperature to 350°F, and and cook 20 min. Bump up the heat to 390 degrees and cook another 5 min till crispy

Ingredients:

- ☐ 1 tbspn. cayenne pepper
- ☐ 2 tbspn. mustard powder
- ☐ 2 tbspn. oregano
- ☐ 2 tbspn. thyme
- ☐ 3 tbspn. coconut milk
- ☐ 1 beaten egg

- ☐ ¼ C. cauliflower
- ☐ ¼ C. gluten-free oats
- ☐ Eight chicken drumsticks

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Ginger-Garam Masala Rubbed Chicken

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>50 min</i>	<i>8</i>

Directions :

Preheat the AirFryer to 350 F

1. Place all ingredients in a baking dish that will fit in the AirFryer.
2. Stir to combine.
3. Place in the AirFryer.
4. Cook for 50 min.
5. Halfway through Time to cook, turn over chicken pieces, and stir to mix.

Ingredients:

- ☐ 1 tbspn rosemary
- ☐ 1 whole Cornish game hen
- ☐ 4 cloves of garlic, diced
- ☐ Salt and pepper to taste

Ingredients:

- ☐ 2 tbspns olive oil
- ☐ 1 whole chicken, sliced into eight pieces
- ☐ 1 thumb-size ginger, grated
- ☐ 1 tspn turmeric powder
- ☐ 1 tspn garam masala
- ☐ 1 tspn coriander powder
- ☐ 1 cup of coconut milk
- ☐ 1 bell pepper, seeded and julienned

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Tasty Chicken Cordon Bleu

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>30 min</i>	<i>2</i>

Directions :

1. Season the chicken with parsley, salt, and pepper to taste.
2. Place the cheese and ham in the middle of the chicken and roll.

- Secure with a toothpick.
- Soak the rolled-up chicken in egg and dredge in almond flour.
- Place in the AirFryer.
- Cook for 30 min at 350F.
- Turnover chicken after 20 min of Time to cook

Ingredients :

- ☐ ¼ cup almond flour
- ☐ 1 slice cheddar cheese
- ☐ 1 slice of ham
- ☐ 1 small egg, beaten
- ☐ 1 tspn parsley
- ☐ 2 chicken breasts, butterflied
- ☐ Salt and pepper to taste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Perfect Southern Style Fried Chicken

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>35 min</i>	<i>2</i>

Directions :

- Preheat the AirFryer to 350F.
- Put all ingredients in a bowl, except for chicken.
- Give a good stir.
- Add chicken and cover well with batter.
- Place chicken in the AirFryer.
- Cook for 35 min. After 20 min, turn over chicken

Ingredients:

- ☐ 2-pcs chicken leg quarters
- ☐ 1 tspn salt
- ☐ 1 tspn pepper
- ☐ 1 tspn paprika
- ☐ 1 tspn garlic powder
- ☐ ½ cup coconut flour

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
348	19.1g	23.3g	22.3g	0.5g	104mg

Chicken Marinated in Coconut Milk with Ginger-Cilantro

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>

10 min	25 min	4
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Directions :

1. Place the ingredients all together in a bowl and stir to coat the chicken with all ingredients.
2. Allow to marinate and leave it on the fridge for 2 hours.
3. Preheat the AirFryer to 400F.
4. Place the chicken pieces in the AirFryer basket.
5. Cook for 25 min at 400F.
6. Turnover of chicken pieces after 17 min has elapsed

Ingredients:

- ☐ Salt and pepper to taste
- ☐ 1-pound chicken tenders, cut in half
- ☐ 1 tspn turmeric
- ☐ 1tspn smoked paprika
- ☐ 1 tspn garam masala
- ☐ 1tbspndicedgarlic
- ☐ 1tbspn grated ginger
- ☐ ½ cup of coconut milk
- ☐ ¼ cup cilantro leaves, minced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
296	15.8g	4g	33.9g	1.2g	101mg

Creamy Chicken Breasts Bake

Prep Time	Time to cook	Serv
4 min	25 min	4

Directions :

1. Preheat the AirFryer for 5 min.
2. Put on the breast chicken in a baking dish that will fit in the AirFryer.
3. Add the olive oil and cream cheese.
4. Season with salt and pepper to taste.
5. Place the baking dish with the chicken and cook for 25 min at 350F.
6. Sprinkle crumbled bacon after.

Ingredients:

- ☐ ¼ cup olive oil
- ☐ 1 block cream cheese
- ☐ 2 chicken breasts
- ☐ Eight slices of bacon, fried and crumbled
- ☐ Salt and pepper to taste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

484	38g	1.1g	33.5g	0g	119mg
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Tasty Turkey Meatballs in Cranberry Sauce

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	25 min	4

Directions :

1. In a bowl, mix well with hands the turkey, ground bacon, and a tspn of salt.
2. Evenly form into 16 equal-sized balls.
3. In a small saucepan boil, cranberry sauce, barbecue sauce, water, cider vinegar, and a dash or 2 of salt.
4. Mix well and simmer for 3 min.
5. Preheat AirFryer to 360F.
6. For 15 min, cook meatballs and shake basket halfway through Time to cook.
7. Pour sauce over cooked meatballs, Enjoy

Ingredients :

- ☐ 2tspns cider vinegar
- ☐ 1-pound ground turkey 1/4-pound ground bacon
- ☐ 1/3 cup cranberry sauce
- ☐ 1 tspn salt and more to taste
- ☐ 1 1/2 tspns barbecue sauce
- ☐ 1 1/2 tspns water

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
285	17.2	4	32.7	1.9	116mg

Lovely Chicken Pot Pie

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	30 min	4

Directions :

1. Preheat the AirFryer to 325F.
2. Place 1 tspnn butter, broccoli, onion, garlic, coconut milk, chicken broth, and ground chicken in a baking dish that will fit in the AirFryer. Season with salt and pepper to taste.
3. In a mixing bowl, combine the 2.5 tspns butter, coconut flour, and eggs.
4. Sprinkle the top of the chicken and broccoli mixture with the coconut flour dough evenly.
5. Place the dish in the AirFryer.
6. Cook for 30 min at 325F.

Ingredients :

- ☐ Salt and pepper to taste
- ☐ 2 eggs

- ☐ 2 cloves of garlic, diced
- ☐ 2 ½ tbsps butter, melted
- ☐ 1-pound ground chicken
- ☐ 1/3 cup coconut flour
- ☐ 1 tbspn butter
- ☐ 1 cup chicken broth
- ☐ ¾ cup of coconut milk
- ☐ ½ cup broccoli, minced
- ☐ ¼ small onion, minced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
477	30g	12.1g	39.9g	2.3g	202mg

Butter-Lemon on Chicken Thighs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
4 min	35 min	4

Directions :

1. Preheat the AirFryer to 325F.
2. Combine all ingredients in a baking dish.
3. Make sure that all lumps are removed.
4. Place the baking dish in the AirFryer chamber.
5. Cook for 35 min at 3250F.
6. After 25 min of Time to cook, turn over chicken pieces, and mix sauce well.

Ingredients :

- ☐ 1/2 cup almond flour
- ☐ ½ cup chicken stock
- ☐ 1 egg, beaten
- ☐ 1 small onion, diced
- ☐ 1-pound chicken thighs
- ☐ 2 tbsps capers
- ☐ 1 tbspn olive oil
- ☐ 2 tbsps butter
- ☐ Juice from 1 lemon, freshly squeezed
- ☐ Salt and pepper to taste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
410	25.6g	6.4g	37.8g	1.3g	157mg

Magical Garlicky-Dijon Chicken Thighs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	25 min	4

Directions :

1. Place all ingredients in a Ziploc bag.
2. Allowing to marinate in the fridge for at least 2 hours.
3. Preheat the AirFryer to 350F.
4. Place the chicken in the fryer basket.
5. Cook for 25 min at 350F.
6. After 15 min of cooking, turnover thighs.

Ingredients:

- ☐ Salt and pepper to taste
- ☐ 2 tspns herbs de Provence
- ☐ 2 tbspn olive oil
- ☐ 1-pound chicken thighs
- ☐ 1 tbspn Dijon mustard
- ☐ 1 tbspn cider vinegar

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
281	15.6g	0.8g	33g	0.1g	101mg

Air Fried Turkey with Maple Mustard Glaze

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	30 min	4

Direction :

1. Preheat the fryer to 350 degrees.
2. Brush the entire turkey with olive oil.
3. Combine seasonings and toss to mix.
4. Rub the seasonings over the turkey and put it in the fryer, frying for 25 min.
5. Turn it on 1 side and fry for another 12 min.
6. Turn it on the other side and cook for 12 more min.
7. Melting butter in a bowl and mix in syrup and mustard.
8. Return the turkey to its upright position and brush the syrup mix over the turkey.
9. Cook for five more min before serving

Ingredients:

- ☐ 2 tspns Olive Oil
- ☐ 3 pound Whole Turkey Breast
- ☐ 1 tspn Dried Thyme
- ☐ 1/2 tspn Dried Sage
- ☐ 1/2 tspn Smoked Paprika
- ☐ 1 tspn salt
- ☐ 1/2 tspn Black Pepper
- ☐ 1/4 cup Maple Syrup
- ☐ 2tbspn Dijon Mustard
- ☐ 1 tbspn butter

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Calories	Fat	Carbs	Protein	Sugar	Cholesterol
469	8.7g	14.2g	70.4g	11.8g	220mg

Easy and Healthy Chicken Strips

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10 min	2

Direction :

1. Separate the egg and remove the yolk.
2. Cutting the chicken breasts into strips and with salt and pepper.
3. Set up your flour, egg whites, and bread crumbs in 3 separate shallow bowls.
4. Cover the chicken in flour, dip it in egg, then dredge it through the bread crumbs.
5. Cook at 350 degrees for 10 min.

Ingredients:

- ☐ 12 ounces Chicken Breasts
- ☐ 1 Egg
- ☐ 1/8 cup Flour
- ☐ 1/2 cup Panko Bread Crumbs
- ☐ Salt and Pepper to taste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
490	16.3g	25.6g	56.4g	1.9g	233mg

Chicken Fajita Roll-Ups

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
25 min	10 min	6

Direction :

1. Cut the bell pepper halves vertically into thin strips.
2. Mix all of your spices.
3. Half each chicken breast through the middle to create 2 breasts from 1. Pound each breast half flat.
4. Seasoning both sides of each piece of chicken with the spice blend.
5. Place 2 bell pepper strips of each color and a few pieces of onion in the center of each piece of chicken.
6. Roll the chicken up around the peppers and onions and use 1 or 2 toothpicks to hold the roll up shut.
7. Preheat your fryer to 400 degrees.
8. Spray each roll-up with cooking spray and cook 3 at a time for 10 min.

Ingredients :

- ☐ 3 Chicken Breasts
- ☐ 1/2 Red, Green, and Yellow Bell Pepper
- ☐ 1/2 Red Onion
- ☐ 2 tspns Paprika
- ☐ 1 tspn Garlic Powder
- ☐ 1 tspn Cumin Powder
- ☐ 1/2 tspn Cayenne
- ☐ 1/2 tspn Oregano
- ☐ Salt and Pepper to taste
- ☐ Cooking Spray Toothpicks

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
152	5.7g	2.7g	21.6g	1.1g	65mg

Fantastic Mozzarella Turkey Rolls

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
4 min	10 min	4

Directions:

1. Preheat your AirFryer to 390°F. Place the slices of mozzarella cheese, tomato, and basil onto each slice of turkey. Roll up and tie with a chive shoot. Place into an AirFryer and cook for 10-min. Serve warm.

Ingredients:

- ☐ 4 slices of turkey breast
- ☐ 4 chive shoots (for tying rolls)
- ☐ 1 tomato, sliced
- ☐ ½ cup basil, fresh, minced
- ☐ 1 cup mozzarella, sliced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
68	2g	2.7g	9.6g	1.9g	22mg

Chicken Kabobs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	15 min	2

Direction :

1. Cut the chicken breast into cubes.
2. Spray the cubes with cooking spray and season with salt and pepper.
3. Transfer to a bowl and mix chicken with honey, soy sauce, and sesame seeds.
4. Cut Mushrooms in half.
5. Preheat your fryer to 340 degrees.

6. Add chicken, peppers, and mushrooms onto kabob skewers (metal skewers work better in an AirFryer), alternating each 1 until the skewers are full.
7. Cook for 20 min, turning the kabobs at the halfway mark

Ingredients :

- ☐ 2 Chicken Breasts
- ☐ 1/3 cup Honey
- ☐ 1/3 cup Soy Sauce
- ☐ Sesame Seeds
- ☐ 6 Mushrooms
- ☐ 1 each Red, Yellow, and Green Bell Pepper
- ☐ Cooking Spray
- ☐ Salt to taste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
438	7g	63.3g	35.7g	54.5g	78mg

Savory Tandoori Chicken

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
25 min	30 min	2

Direction :

1. Wash the chicken legs and cut a few slits in each 1.
2. Mix ginger paste, garlic paste, and salt.
3. Put the chicken in a bowl and coat with the ginger paste mix.
4. Set the chicken in the fridge for 15 min.
5. While the chicken marinates, mix all the other ingredients.
6. Pour the marinade over the chicken and return to the fridge for at least 10 hours.
7. Preheat the fryer to 360 degrees.
8. Cook the chicken for 30 min, turning halfway through

Ingredients:

- ☐ 4 Chicken Legs
- ☐ 3tspns Ginger Paste
- ☐ 3tspns Garlic Paste
- ☐ Salt to taste
- ☐ 3tbspns Lemon Juice
- ☐ 2tbspn Tandoori Masala Powder
- ☐ 1tspn Roasted Cumin Powder
- ☐ 1tspn Garam Masala Powder
- ☐ 2tspns Red Chili Powder
- ☐ 1tspn Turmeric Powder
- ☐ 4tbspns Hung Curd
- ☐ 2 tspns Kasuri Methi
- ☐ 1 tspn Black Pepper
- ☐ 2tspns Coriander Powder

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Calories	Fat	Carbs	Protein	Sugar	Cholesterol
587	32.4g	9.8g	61.8g	0.9g	210mg

Crispy Coconut Chicken

Prep Time	Time to cook	Serv
15 min	15 min	4

Direction:

1. Beat the eggs and cut the chicken into strips.
2. Mix cornstarch, salt, and pepper in a separate bowl.
3. Place your coconut in a third shallow bowl or plate.
4. Roll the chicken in the cornstarch mix.
5. Put the chicken in the egg and roll it in coconut.
6. Preheat the fryer to 360 degrees.
7. Cook for 15 min, flipping halfway through.

Ingredients:

- ☐ 1/2 cup Cornstarch
- ☐ 1/4 tspn salt
- ☐ 1/8 tspn Pepper
- ☐ 3 Eggs
- ☐ 4 cups of Sweetened Coconut Flakes
- ☐ 4mediumsboneless

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
782	41.8g	62.9g	33.4g	40.3g	187mg

Scrummy Bacon-Wrapped Stuffed Chicken

Prep Time	Time to cook	Serv
10 min	30 min	4

Direction:

1. Put all the cream cheese in a mixing bowl and allow it to soften.
2. Mix the cheddar cheese and cream cheese.
3. Put the cheese mixture into equal-sized logs.
4. Wrap each log in plastic wrap and place them in the freezer for 10 min.
5. Cut a slit into each chicken breast from the top, but be careful not to cut through the bottom.
6. Wrapping the 2 pieces of bacon around each breast.
7. Place the breasts in the fryer and sprinkle with parsley.
8. Cook at 360 for 30 min, flipping halfway through.

Ingredients:

- ☐ 4 ounces Cream Cheese
- ☐ 1/2 cup Shredded Cheddar Cheese
- ☐ 4-ounce Chicken Breasts
- ☐ Eight slices Thin Cut Bacon
- ☐ 1 tbspn Parsley

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
416	32.6g	1.5g	28g	0.1g	113mg

Homemade Chicken Nuggets

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10 min	4

Direction:

1. Put chicken, olive oil, salt, and pepper in a bowl and toss to coat.
2. Mix the breadcrumbs and parmesan in a bowl.
3. Toss the chicken in the breadcrumb mixture.
4. Placing the chicken in the basket and put with olive oil spray.
5. Preheat the fryer to 400 degrees.
6. Cook for 10 min, tossing halfway through.

Ingredients:

- ☐ 2 - 8-ounce Skinless Boneless Chicken Breasts
- ☐ Salt and Pepper to taste
- ☐ 2 tspns Olive Oil
- ☐ Six tbspns Italian Seasoned Breadcrumbs
- ☐ 2tbspns Panko Bread Crumbs
- ☐ 2tbspns Parmesan Cheese
- ☐ Olive Oil Spray
- ☐ 1 cup Seasoned Breadcrumbs
- ☐ 1 cup Hot Sauce
- ☐ 1 cup Ranch Dressing
- ☐ 1/2 cup Blue Cheese Crumbles

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
325	13.4g	32.7g	18.4g	3.2g	45mg

Turkey & Cheese Calz

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	10 min	4

Directions:

1. Roll the pizza dough out into small circles, the same size as a small pizza.

- 2.Add thyme, oregano, basil into a bowl with tomato sauce, and mix well.
 - 3.Pour a small amount of sauce onto your pizza bases and spread across the surface.
 - 4.Add the turkey, bacon, and cheese.
 - 5.Brush the edge of dough with beaten egg, then fold over and pinch to seal. Brush the outside with more egg.
 - 6.Place into the AirFryer and cook at 350°F for 10-min.
- Serve warm

Ingredients:

- ☐ 1 free-range egg, beaten
- ☐ ¼ cup mozzarella cheese, grated
- ☐ 1 cup cheddar cheese, grated
- ☐ 1-ounce bacon, minced, cooked
- ☐ Cooked turkey, shredded
- ☐ 4 tbsps tomato sauce
- ☐ Salt and pepper to taste
- ☐ 1 tspn thyme
- ☐ 1 tspn basil
- ☐ 1 tspn oregano
- ☐ 1 package frouncesen pizza dough

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
291	15.6g	8.6g	27.8g	0.9g	78mg

Perfect Chicken Wontons

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
12 min	25 min	4

Direction:

1. Finely dicedall of your vegetables, beans, and chicken into the smallest pieces possible.
2. Mix flour, salt, and a little hot water to create a stiff dough. Cover and set aside.
3. Beat the egg in a large bowl.
4. Add all other ingredients except for the sesame seed oil to the egg bowl and mix well.
5. Add the sesame seed oil to the mix and mix again.
6. Roll your dough flat and use a cookie cutter to cut it into circles about 6 inches in diameter.
7. Preheat the fryer to 360 degrees.
8. Scoop a little mixture into the center of each circle.
9. Use your fingers to wet the edges of the circles.
10. Fold them over the stuffing and press to close.
11. Cook in the fryer for 12 min, flipping them after 7 min.

Ingredients:

- ☐ 1 cup All-Purpose Flour
- ☐ 1/4-poundBoneless Skinless Chicken Breast
- ☐ 1 Egg
- ☐ 1 Green Onion

- ☐ 1tbspn French beans
- ☐ 1tbspn carrots
- ☐ 1/2 tspn Pepper Powder
- ☐ 1/4 tspn Soy Sauce
- ☐ 1/2 tspn Cornstarch
- ☐ 1tspn Sesame Seed Oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
208	4.7g	26.8g	13.5g	0.3g	66mg

Toothsome Turkey & Avocado Burrito

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
4 min	10 min	2

Directions:

- Whisk the eggs, then add some salt and pepper.
- Spray the inside of your AirFryer tray with cooking spray and pour in the egg mixture. Cook for 5-min at 390°F.
- Scrape into a clean bowl. Divide the eggs between the 2 tortillas, followed by the turkey, avocado, pepper, cheese, and salsa.
- Roll up carefully. Spray inside of the AirFryer again and place the burritos inside of it.
- Cook at 350°F for 5-min.
- Serve warm.

Ingredients:

- ☐ 4 free-range eggs
- ☐ 8-slices turkey breast, cooked
- ☐ 4 tbspns salsa
- ☐ ¼ cup mozzarella cheese, grated
- ☐ ½ cup avocado, sliced
- ☐ ½ red bell pepper, sliced
- ☐ 2 x tortillas
- ☐ Salt and pepper to taste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
410	20.4g	27.2g	30.4g	6.9g	365mg

Turkey Sausage Patties

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
2 min	4 min	6

Directions:

- Preheat your AirFryer to 375°F.

2. Add half of the oil along with onion and garlic to the AirFryer. Air fry for 1-min, then add fennel seeds then transfer to plate.
3. In a mixing bowl, mix paprika, ground turkey, nutmeg, chives, vinegar, salt pepper, and onion.
4. Mix well and form patties.
5. Add the remaining oil to your AirFryer and air fry patties for 3-min.
6. Serve on buns.

Ingredients:

- ☐ 1 tspn olive oil
- ☐ 1 small onion, diced
- ☐ 1 large garlic clove, minced
- ☐ Salt and pepper to taste
- ☐ 1 tbspn vinegar
- ☐ 1 tbspn chives, minced
- ☐ ¾ tspn paprika
- ☐ Pinch of nutmeg
- ☐ 1 lb. lean ground turkey
- ☐ 1 tspn fennel seeds

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
124	6.3g	2g	15.2g	0.6g	54mg

Tasty Chicken Quesadilla

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	5 min	1

Direction :

1. Diced up your pepper and onion.
2. Spray the bottom of your basket with cooking spray.
3. Preheat your fryer to 370 degrees.
4. Place 1 tortilla down on the bottom of the basket.
5. Sprinkle on cheese, place a few chicken strips down, sprinkle on vegetables, then sprinkle on more cheese.
6. Cover with another tortilla shell and spray with cooking spray.
7. Cook for 5 min.
8. The outside should be crispy when you take it out.

Ingredients:

- ☐ Soft Taco Shells
- ☐ Chicken Fajita Strips
- ☐ 1/4 Green Pepper
- ☐ 1/4 White Onion
- ☐ Shredded Mexican Cheese
- ☐ Cooking Spray

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

277	16.2g	13.5g	22.6g	2.6g	74mg
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Wonderful Chicken Popcorn

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10 min	6

Directions :

1. In a small bowl, mix together coconut flour, pepper, and salt. In another bowl, whisk eggs until combined.
2. Take 1 more bowl and mix together pork panko, paprika, garlic powder, and onion powder.
3. Add chicken pieces in a large mixing bowl. Sprinkle coconut flour mixture over chicken and toss well.
4. Dip chicken pieces in the egg mixture and coat with pork panko mixture and place on a plate.
5. Spray AirFryer basket with cooking spray.
6. Preheat the AirFryer to 400 F.
7. Add half prepared chicken in AirFryer basket and cook for 10-12 min.
8. Shake basket halfway through.
9. Cook remaining half using the same method.
10. Enjoy.

Ingredients:

- ☐ 4 eggs
- ☐ 1 1/2 lbs chicken breasts, cut into small chunks
- ☐ 1 tbspn paprika
- ☐ 1/2 tbspn garlic powder
- ☐ 1 tbspn onion powder
- ☐ 2 1/2 cups pork rind, crushed
- ☐ 1/4 cup coconut flour
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
303	13.7g	2.7g	40.7g	1g	218mg

Tasty Whole Chicken

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	50 min	4

Directions :

1. In a small bowl, mix together Italian seasoning, garlic powder, onion powder, paprika, pepper, and salt.

2. Rub spice mixture from inside and outside of the chicken. Place chicken breast side down in AirFryer basket.
3. Roast chicken for 30 min at 360 F.
4. Turn chicken and roast for 20 min more or internal temperature of chicken reaches at 165 F.
5. Enjoy.

Ingredients:

- ☐ 3 lbs whole chicken, remove giblets and pat dry chicken
- ☐ 1 tspn Italian seasoning
- ☐ 1/2 tspn garlic powder
- ☐ 1/2 tspn onion powder
- ☐ 1/4 tspn paprika
- ☐ 1/4 tspn pepper
- ☐ 1 1/2 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
666	26.3g	2.3g	98.8g	0.9g	305mg

Fast& Easy Meatballs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10 min	4

Directions :

1. Add all ingredients into the large mixing bowl and mix until well combined.
2. Make small balls from mixture and place in the AirFryer basket.
3. Cook meatballs for 10 min at 400 F.
4. Enjoy.

Ingredients:

- ☐ 1 lb ground chicken
- ☐ 1 egg, lightly beaten
- ☐ 1/2 cup mozzarella cheese, shredded
- ☐ 1 1/2 tspn taco seasoning
- ☐ 3 garlic cloves, diced
- ☐ 3 tspn fresh parsley, minced
- ☐ 1 small onion, diced
- ☐ Pepper
- ☐ Salt
- ☐

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
268	10.2g	5.8g	35.6g	1.6g	144mg

Lemon Pepper Chicken Wings

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	16 min	4

Directions :

1. Add chicken wings into the large mixing bowl.
2. Add remaining ingredients over chicken and toss well to coat.
3. Place chicken wings in the AirFryer basket.
4. Cook chicken wings for 8 min at 400 F.
5. Turn chicken wings to another side and cook for 8 min more.
6. Enjoy.

Ingredients:

- ☐ 1 lb chicken wings
- ☐ 1 tspn lemon pepper
- ☐ 1 tspn olive oil
- ☐ 1 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
250	12g	1g	33g	0g	101mg

Enchanting BBQ Chicken Wings

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	20 min	4

Directions :

1. In a large bowl, toss chicken wings with garlic powder, oil, paprika, pepper, and salt.
2. Preheat the AirFryer to 360 F.
3. Add chicken wings in AirFryer basket and cook for 12 min.
4. Turn chicken wings to another side and cook for 5 min more.
5. Remove chicken wings from the AirFryer and toss with BBQ sauce.
6. Return chicken wings in an AirFryer basket and cook for 2 min more.
7. Enjoy.

Ingredients:

- ☐ 1 1/2 lbs chicken wings
- ☐ 2 tspn unsweetened BBQ sauce
- ☐ 1 tspn paprika
- ☐ 1 tspn olive oil
- ☐ 1 tspn garlic powder
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

376	16.3g	5.3g	49.8g	2.9g	151mg
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Simple & Crispy Chicken Wings

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	20 min	8

Directions :

1. Toss chicken wings with oil and place in the AirFryer basket.
2. Cook chicken wings at 370 F for 15 min.

Shake basket and cook at 400 F for 5 min more

1. Season chicken wings with pepper and salt.
2. Enjoy.

Ingredients:

- ☐ 1 1/2 lbs chicken wings
- ☐ 2 tbspn olive oil
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
192	9.8g	0g	24.6g	0g	76mg

Scrummy Chicken Nuggets

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	12 min	4

Directions :

1. Preheat the AirFryer to 400 F.
2. Toss chicken with oil and salt in a bowl until well coated.
3. Add coconut flour and ginger in a zip-lock bag and shake to mix.
4. Add chicken to the bag and shake well to coat. In a large bowl, add egg whites.
5. Add chicken in egg whites and toss until well coated.
6. Add sesame seeds in a large zip-lock bag.
7. Shake excess egg off from chicken and add chicken in sesame seed bag.
8. Shake bag until chicken well coated with sesame seeds.
9. Spray AirFryer basket with cooking spray.
10. Place chicken in AirFryer basket and cook for 6 min.
11. Turn chicken to another side and cook for 6 min more.
12. Enjoy.

Ingredients :

- 1 lb chicken breast, skinless, boneless and cut into chunks
- 6 tbspn sesame seeds, toasted
- 4 egg whites
- 1/2 tbspn ground ginger
- 1/4 cup coconut flour
- 1 tbspn sesame oil Pinch of salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
279	12.7g	8.9g	31.1g	0.3g	73mg

Italian Seasoned Chicken Tenders

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10 min	2

Directions :

1. Preheat the AirFryer to 400 F.
2. Season chicken with pepper and salt.
3. In a medium bowl, whisk eggs to combine.
4. In a shallow dish, mix together almond flour, all seasonings, and flaxseed.
5. Dip chicken into the egg then coats with almond flour mixture and place on a plate.
6. Spray AirFryer basket with cooking spray.
7. Place half chicken tenders in AirFryer basket and cook for 10 min.
8. Turn halfway through.
9. Cook remaining chicken tenders using same steps.
10. Enjoy.

Ingredients :

- 2 eggs, lightly beaten
- 1 1/2 lbs chicken tenders
- 1/2 tbspn onion powder
- 1/2 tbspn garlic powder
- 1 tbspn paprika
- 1 tbspn Italian seasoning
- 2 tbspn ground flax seed
- 1 cup almond flour
- 1/2 tbspn pepper
- 1 tbspn sea salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
602	25.9g	52g	41.5g	2.5g	235mg

American Chicken Wings

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>

10 min

40 min

4

Directions :

1. Spray AirFryer basket with cooking spray.
2. Add chicken wings in AirFryer basket and cook for 25 min at 380 F.
3. Shake basket after every 5 min.
4. After 25 min turn temperature to 400 F and cook for 10-15 min more.
5. Meanwhile, in a large bowl, mix together all sauce ingredients.

Ingredients:

- ☐ 5 lbs chicken, about 10 pieces
- ☐ 1 tspn coconut oil
- ☐ 2 1/2 tspn white pepper
- ☐ 1 tspn ground ginger
- ☐ 1 1/2 tspn garlic salt
- ☐ 1 tspn paprika
- ☐ 1 tspn dried mustard
- ☐ 1 tspn pepper
- ☐ 1 tspn celery salt
- ☐ 1/3 tspn oregano
- ☐ 1/2 tspn basil
- ☐ 1/2 tspn thyme
- ☐ 2 cups pork rinds, crushed
- ☐ 1 tspn vinegar
- ☐ 1 cup unsweetened almond milk
- ☐ 1/2 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
1022	27.8g	8.9g	175.7g	1.3g	457mg

Pretty Fried Chicken

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	40 min	10

Directions :

1. Add chicken in a large mixing bowl.
2. Add milk and vinegar over chicken and place in the refrigerator for 2 hours. In a shallow dish, mix together pork rinds, white pepper, ginger, garlic salt, paprika, mustard, pepper, celery salt, oregano, basil, thyme, and salt.
3. Coat AirFryer basket with coconut oil. Coat each chicken piece with pork rind mixture and place on a plate.
4. Place half coated chicken in the AirFryer basket.
5. Cook chicken at 360 F for 10 min then turn chicken to another side and cook for 10 min more or until internal temperature reaches at 165 F.
6. Cook remaining chicken using the same method.
7. Enjoy.

Ingredients:

- ☐ 1 Cornish hen, wash and pat dry
- ☐ 1 tbspn olive oil
- ☐ 1 tbspn smoked paprika
- ☐ 1/2 tbspn garlic powder
- ☐ Pepper
- ☐ Salt
- ☐ almond milk
- ☐ 1/2 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
48	2.7g	0.8g	5.3g	0.2g	23mg

Herb Seasoned Turkey Breast

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	35 min	4

Directions :

1. Spray AirFryer basket with cooking spray.
2. In a small bowl, mix together sage, rosemary, and thyme.
3. Season turkey breast with pepper and salt and rub with herb mixture.
4. Place turkey breast in AirFryer basket and cook at 390 F for 30-35 min.
5. Slice and serve.

Ingredients:

- ☐ 2 lbs turkey breast
- ☐ 1 tbspn fresh sage, minced
- ☐ 1 tbspn fresh rosemary, minced
- ☐ 1 tbspn fresh thyme, minced
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
242	4g	10.8g	38.9g	8g	98mg

Delicious Rotisserie Chicken

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	20 min	6

Directions :

1. Season chicken with pepper and salt.
2. In a bowl, mix together spices and herbs and rub spice mixture over chicken pieces.
3. Spray AirFryer basket with cooking spray.
4. Place chicken in an AirFryer basket and cook at 350 F for 10 min.

5. Turn chicken to another side and cook for 10 min more or until the internal temperature of chicken reaches 165 F.
6. Enjoy.

Ingredients :

- ☐ 3 lbs chicken, cut into eight pieces
- ☐ 1/4 tspn cayenne
- ☐ 1 tspn paprika
- ☐ 2 tspn onion powder
- ☐ 1 1/2 tspn garlic powder
- ☐ 1 1/2 tspn dried oregano
- ☐ 1/2 tspn dried thyme
- ☐ Pepper Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
366	7.2g	5g	66.7g	1.5g	175mg

Spicy Asian Chicken Thighs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	20 min	4

Directios :

1. In a large bowl, whisk together ginger, lime juice, chili garlic sauce, oil, and soy sauce.
2. Add chicken in bowl and coat well with marinade and place in the refrigerator for 30 min.
3. Place marinated chicken in AirFryer basket and cook at 400 F for 15-20 min or until the internal temperature of chicken reaches at 165 F.
4. Turn chicken halfway through.
5. Enjoy.

Ingredient s:

- ☐ 4 chicken thighs, skin-on, and b1-in
- ☐ 2 tspn ginger, grated
- ☐ 1 lime juice
- ☐ 2 tspn chili garlic sauce
- ☐ 1/4 cup olive oil
- ☐ 1/3 cup soy sauce

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
233	18.5g	7g	10.9g	2.6g	34mg

Wonderful Chicken Vegetable Fry

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>

10 min	15 min	2
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Directions :

1. Add all ingredients into the large bowl and toss well.
2. Transfer chicken mixture into the AirFryer basket and cook at 375 F for 15 min.
3. Shake the basket halfway through.
4. Enjoy.

Ingredients:

- ☐ 6 ounces' chicken breast, boneless and cut into cubes
- ☐ 1/4 tspn dried thyme
- ☐ 1/2 tspn garlic powder
- ☐ 1 tspn dried oregano
- ☐ 1/4 onion, sliced
- ☐ 1/2 bell pepper, minced
- ☐ 1/2 zucchini, minced
- ☐ 1 tspn olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
195	9.6g	8.4g	19.7g	3.5g	54mg

Cilantro Lime Chicken

Prep Time	Time to cook	Serv
10 min	20 min	4

Directions :

1. Whisk together cilantro, seasoning, soy sauce, lime juice, olive oil, pepper, and salt in a large bowl.
2. Add chicken into the bowl and coat well with marinade and place in the refrigerator for overnight. Spray AirFryer basket with cooking spray.
3. Place marinated chicken into the AirFryer basket and cook at 400 F for 10 min.
4. Turn chicken to another side and cook for 10 min more.
5. Enjoy.

Ingredients:

- ☐ 2 lbs chicken thighs, boneless
- ☐ 2 tspn fresh cilantro, minced
- ☐ 1 tspn Montreal chicken seasoning
- ☐ 1 tspn soy sauce
- ☐ 1/2 lime juice
- ☐ 1 tspn olive oil
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

468

20.4g

1.3g

66g

0.2g

202mg

Pleasant Chicken with Mushrooms

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	24 min	4

Directions :

1. Preheat the AirFryer to 370 F.
2. Spray AirFryer baking dish with cooking spray.
3. Place chicken breasts into the baking dish and top with sun-dried tomatoes, mushrooms, mayonnaise, and salt. Mix well.

Place the dish in the AirFryer and cook for 24 min

1. Enjoy.

Ingredients:

- ☐ 2 lbs chicken breasts, halved
- ☐ 1/3 cup sun-dried tomatoes
- ☐ 8 ounces mushrooms, sliced
- ☐ 1/2 cup mayonnaise
- ☐ 1 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
560	26.8g	9.5g	67.8g	3.2g	209mg

Tasty Meatloaf

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	32 min	8

Directions :

1. Preheat the AirFryer to 370 F.
2. Add all ingredients into the large bowl and mix until well combined.
3. Transfer bowl mixture to the silic1 loaf pan and place in the AirFryer.
4. Cook for 32 min.
5. Enjoy.

Ingredients:

- ☐ 2 eggs
- ☐ 1/2 cup parmesan cheese, grated
- ☐ 1/2 cup marinara sauce, without sugar
- ☐ 1 cup cottage cheese
- ☐ 1 lb mozzarella cheese, cut into cubes
- ☐ 2 lbs ground turkey

- 2 tspn Italian seasoning
- 1/4 cup basil pesto
- 1 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
308	16.9g	3.9g	38.7g	1.9g	166mg

Yummy Meatloaf

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	28 min	8

Directions :

1. Preheat the AirFryer to 370 F.
2. In a large bowl, combine together all ingredients then transfer into the silicon loaf pan.
3. Place the loaf pan in the AirFryer and cook for 25-28 min.
4. Enjoy.

Ingredients:

- 1 egg
- 1 tspn chili powder
- 1 tspn garlic powder
- 1 tspn garlic, diced
- 2 lbs ground turkey
- 2 ounces BBQ sauce, sugar-free
- 1 tspn ground mustard
- 1 tspn onion, diced
- 1 cup cheddar cheese, shredded
- 1 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
312	18.3g	5g	36g	2.5g	151mg

Chili Garlic Chicken Wings

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	35 min	4

Directions :

1. Preheat the AirFryer to 370 F.
2. In a large bowl, add all ingredients except chicken wings and mix well.
3. Add chicken wings into the bowl coat well.
4. Spray AirFryer basket with cooking spray.
5. Add chicken wings into the AirFryer basket. (In batches)
6. Cook for 35-40 min.
7. Shake halfway through.

8. Enjoy.

Ingredients:

- 2 lbs chicken wings
- 1/8 tspn paprika
- 2 tspnseasoned salt
- 1/2 cup coconut flour
- 1/4 tspn garlic powder
- 1/4 tspn chili powder

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
442	17.2g	1.8g	66g	0.3g	202mg

Finger-licking Garlic Chicken

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	32 min	4

Directions :

1. Preheat the AirFryer to 400 F.
2. Add all ingredients into the large mixing bowl and toss well.
3. Transfer chicken wings into the AirFryer basket and cook for 32 min.
4. Toss halfway through.
5. Enjoy.

Ingredients :

- 2 lbs chicken drumsticks
- 1 fresh lemon juice
- 9 garlic cloves, sliced
- 4 tspn butter, melted
- 2 tspn parsley, minced
- 2 tspn olive oil
- Pepper
- Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
559	31.6g	2.6g	63.1g	0.4g	230mg

Pork

Hearty Crispy mustard pork tenderloin

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>15min</i>	<i>4</i>

Directions:

1. On a plate, mix the breadcrumbs, walnuts, and cornstarch. Dip the mustard-coated pork into the crumb mixture to coat.
2. Preheat air fryer to 400° F for 5 minutes. After 5 minutes, carefully place pork tenderloin into air fryer and air fry at 400° F for 20-22 minutes. Internal temp should be 145° - 160° F.
3. When air fryer cycle is complete, carefully remove pork tenderloin to a cutting board and let rest for 5 minutes before slicing.
4. Slice to serve.

Ingredients:

- ☐ 3tbspns Low-Sodium grainy mustard
- ☐ 2tspns olive oil
- ☐ ¼ tspn dry mustard powder
- ☐ 1 (1-pound) pork tenderloin, silver skin, and excess fat trimmed and discarded
- ☐ 2 slices low-sodium whole-wheat bread, crumbled
- ☐ ¾ cup ground walnuts
- ☐ 2tbspns cornstarch

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
300	11.9g	13.6g	33.6g	1.7g	81mg

Exquisite Apple pork tenderloin

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>20min</i>	<i>4</i>

Directions:

1. Rub each piece of pork with the apple butter and olive oil.
2. In a medium metal bowl, mix the pork, apples, celery, onion, marjoram, and apple juice.
3. Place the bowl into the AirFryer and roast for 14 to 19 min at a temperature 400° F . Stir once during cooking.
4. Serve immediately.

Ingredients:

- ☐ 1 (1-pound) pork tenderloin, cut into 4 pieces
- ☐ 1tbspn apple butter
- ☐ 2tspns olive oil

- 2 granny smith apples or Jonagold apples, sliced
- 3 celery stalks, sliced
- 1 onion, sliced ½ tspn dried marjoram
- ½ cup apple juice

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
270	6.6g	22.5g	30.4g	16.4g	83mg

Glorious grilled pork tenderloin

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	20min	4

1. Stir in the honey, lemon juice, and olive oil until well mixed.
2. Spread the honey mixture over the pork and let stand for 10 min at room temperature.
3. Place in the basket for AirFryer and cook at 400F for 20 minutes or until the internal temperature reaches 145F with a meat thermometer.
4. Slice the meat to serve.

Ingredients:

- 1tbspn packed Brown Sugar
- 2tspns espresso powder
- 1tspn ground paprika
- ½ tspn dried marjoram
- 1tbspnhoney
- 1tbspn freshly squeezed lemon juice
- 2tspns olive oil
- 1 (1-pound) pork tenderloin

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
221g	6.5g	9.8g	30.2g	7.8g	85mg

Delightful Pork chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	15min	5

Directions:

1. Switch on the AirFryer, insert fryer basket, grease it with olive oil, then shut with its lid, set the fryer at 350 degrees f, and preheat for 5 min.
2. Meanwhile, place bread slices in a food processor and pulse until the mixture resembles crumbs.
3. Tip the breadcrumbs in a shallow dish, add parsley, ½ tspn salt, ¼ tspn ground black pepper, and stir until mixed.
4. Place flour in another shallow dish, add remaining salt and black pepper, along with pork seasoning, and stir until mixed.

- Crack the egg in a bowl, pour in apple juice, and whisk until combined.
- Working on 1 pork chop at a time, first coat it into the flour mixture, then dip into egg and then evenly coat with breadcrumbs mixture.
- Open the fryer, add coated pork chops in it in a single layer, close with its lid and cook for 10 min until nicely golden and toasted, flipping the pork chops halfway through the frying.
- When AirFryer beeps, open its lid, transfer pork chops onto a serving plate and serve.

Ingredients:

- ☐ 4 slices of almond bread
- ☐ Five pork chops, b1-in, pastured
- ☐ ounces coconut flour
- ☐ 1tspn salt
- ☐ 3tbspns parsley
- ☐ ½ tspn ground black pepper
- ☐ 1tbspn pork seasoning
- ☐ 2tbspns olive oil
- ☐ 1/3 cup apple juice, unsweetened
- ☐ 1 egg, pastured

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
288	17.7g	11.3g	26.4g	2.5g	90mg

Lovely Pork belly

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
20 min	50min	4

Directions:

- Cut the pork belly evenly into 3 pieces, place them in an AirFryer, and add remaining ingredients.
- Switch on the AirFryer, then shut it with lid and cook the pork belly for 15 min at high pressure.
- Rake out the pork by tongs and let it drain and dry for 10 min.
- Then switch on the AirFryer, insert fryer basket, grease it with olive oil, then shut with its lid, set the fryer at 400 degrees f, and preheat for 5 min.
- While the AirFryer preheats, cut each piece of the pork into 2 long slices.
- Open the fryer, add pork slices in it, close with its lid and cook for 15 min until nicely golden and crispy, flipping the pork halfway through the frying.
- When AirFryer beeps, open its lid, transfer pork slices onto a serving plate.

Ingredients:

- ☐ 1-pound pork belly, pastured
- ☐ Six cloves of garlic, peeled
- ☐ 1tspn ground black pepper
- ☐ 1tspn salt
- ☐ 2tbspns soy sauce
- ☐ 2 bay leaves

□ 3 cups of water

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
539	30.7g	3.1g	53.3g	0.2g	131mg

Admirable Ribs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>45min</i>	<i>4</i>

Directions:

Directions:

- 1.Mix all rub ingredients in a bowl and rub over meat.
- 2.Pour the stock into the AirFryer then place ribs into the container.
- 3.Seal fryer with lid and cook on high pressure for 45 min.
4. After the beep sounds, open the cover.
- 5.Stir and serve.

Ingredients:

- 2 3/4 lbs. country-style pork ribs
- 1 tbspn garlic powder
- 1 tbspn brown sugar
- 1 tbspn cumin
- 1 tbspn pepper
- 1 cup chicken stock
- 1 tbspn cayenne pepper
- 1 tbspn paprika
- 1 tbspn onion powder
- 1 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
489	12g	8.7g	83.2g	3.8g	228mg

Gordeous Teriyaki Pork

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>45min</i>	<i>4</i>

Directions:

1. Put and mix all remaining ingredients in a small bowl except main meat and stock.
2. Pour the stock into the AirFryer.
3. Place meat into the pot then pours bowl mixture over the pork.
4. Seal fryer with lid and cook on manual high pressure for 45 min.
5. After the beep sounds, open the cover.
6. Enjoy.

Ingredients:

- ☐ 2 lb. pork loin
- ☐ 1/2 tspn onion powder
- ☐ 1 tspn ground ginger
- ☐ 2 tspn brown sugar
- ☐ 1/2 cup water
- ☐ 1/4 cup soy sauce
- ☐ 1 cup chicken stock
- ☐ 1/2 tspn honey
- ☐ 2 garlic cloves, crushed

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
578	31.8g	5.7g	63.5g	3g	181mg

Fantastic Pork Curry

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	37 min	8

Directions:

1. Add oil into the pot and set the container on sauté mode.
2. Season meat with pepper and salt. Add chicken to the pot and cook until browned 7 minutes.
3. Add remaining ingredients and stir everything well.
4. Seal pot with lid and cook on soup/stew mode for 30 min.
5. After the beep sounds, open the cover.
6. Stir and serve.

Ingredients:

- ☐ 4 lbs. pork shoulder, boneless and cut into chunks
- ☐ 2 garlic cloves, diced
- ☐ 1 onion, minced
- ☐ 3 cups chicken broth
- ☐ 2 cups of coconut milk
- ☐ 1/2 tspn turmeric
- ☐ 2 tspn olive oil
- ☐ 1/2 tspn ground cumin
- ☐ 1/2 tspn curry paste
- ☐ 2 tspn fresh ginger, grated
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
865	67.6g	6.9g	56.5g	2.9g	204mg

Cufe Pork Posole

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>

<i>10 min</i>	<i>30min</i>	<i>8</i>
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Directions:

1. Mix all ingredients into the instant fryer and Stir.
2. Seal fryer with lid and cook on manual high pressure for 30 min.
3. Once d1, then allow to extrication pressure naturally then open the lid.
4. Stir and serve.

Ingredients:

- ☐ 1 lb. pork shoulder, cut into cubes
- ☐ 1 tbspn dried oregano
- ☐ 3 tbspn chili sauce
- ☐ 24 ounces posole
- ☐ 1 cup of water
- ☐ 2 tbspn chili powder
- ☐ 1 tbspn ground cumin
- ☐ 2 garlic cloves
- ☐ 1 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
365	14.6g	39.6g	18.4g	0.3g	51mg

Luscious Sauerkraut Pork

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>50min</i>	<i>8</i>

Directions:

1. Season pork loin with pepper and salt.
2. Put some oil into the fryer and set the pot on sauté mode.
3. Sear meat until lightly browned.
4. Add stock, garlic, onions, and apples to the pot. Pour sauerkraut on top.
5. Fryer with lid and cook on high pressure for 40 min.
6. Once d1, then allow to extrication pressure naturally for 10 min then extrication using the quick-extrication method. Open the lid.
7. Enjoy.

Ingredients:

- ☐ 2 lbs pork loin
- ☐ 3 garlic cloves, diced
- ☐ 14 ounces sauerkraut, drained
- ☐ 1tbspn olive oil
- ☐ 1 onion, sliced
- ☐ 1 apple, sliced
- ☐ 1 cup chicken stock
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

322	17.8g	7.7g	31.8g	4.5g	91mg
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Yummy Pork Adobo

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	45 min	4

Directions:

1. Add oil in the AirFryer and set the container on sauté mode.
2. Add meat and cook until browned. Season with pepper and salt.
3. Add onions, bay leaf, peppercorns, and garlic.
4. Mix vinegar, water, and soy sauce and pour over meat.
5. Fryer with lid and cook on high pressure for 10 min.
6. Once d1, then extrication pressure using the quick-extrication method than open the lid.
7. Set pot on sauté mode and cook for 15-20 min.
8. Enjoy.

Ingredients:

- ☐ 3 lbs pork butt, cut into cubes
- ☐ 1/4 cup water
- ☐ 3 tbspn soy sauce
- ☐ 1 onion, sliced
- ☐ 1 tbspn olive oil
- ☐ 1/4 cup vinegar
- ☐ 1 bay leaf
- ☐ 1 tbspn peppercorns
- ☐ 3 garlic cloves, crushed
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
713	26.3g	9.5g	107.1g	1.7g	313mg

Fantastic Pork Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	15 min	4

Directions:

1. Season pork chops with pepper and salt.
2. Add oil in the AirFryer and set the container on sauté mode.
3. Add pork chops to the pot and sear until lightly browned. Transfer pork chops to a plate.
4. Add broth to the pot then place the trivet in the container.
5. Place pork chops on top of the trivet.
6. Seal pot with lid and cook on meat mode for 5 min.

7. Once d1, then allow to extrication pressure naturally for 10 min then extrication using the quick-extrication method. Open the lid.
8. Enjoy.

Ingredients:

- 4 pork loin chops, b1-in
- 1 cup chicken stock
- 1 tspn olive oil
- 1/4 tspn pepper
- 1/2 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
289	23.5g	0.4g	18.2g	0.2g	69mg

Great Garlicky Pork Roast

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>35 min</i>	<i>2</i>

Directions:

1. Mix all ingredients into the instant fryer and Stir.
2. Seal pot with lid and cook on meat mode for 35 min.
3. Once d1, then allow to extrication pressure naturally then open the lid.
4. Stir and serve.

Ingredients:

- 1 lb. pork roast
- 1 tspn basil
- 1 1/2 tspn soy sauce
- 2 tspn grated parmesan cheese
- 2 tspnhoney
- 3 garlic cloves, diced
- 1/2 cup chicken stock
- 1/2 tspn corn-starch
- 1/2 tspn olive oil
- Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
633	28.1g	22.7g	70.5g	17.7g	205mg

Dreamy Herbed Pork Burgers

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>15 min</i>	<i>45 min</i>	<i>8</i>

Directions:

1. Preheat the AirFryer to 395 F and grease an AirFryer basket.
2. Mix all the ingredients in a bowl except cheese and buns.
3. Make eight equal-sized patties from the pork mixture and arrange thee patties in the AirFryer basket.
4. Cook for about 45 min, flipping once in between and arrange the patties in buns with cheese to serve.

Ingredients:

- ☐ 2 small onions, minced
- ☐ 21-ounce ground pork
- ☐ 2tspns fresh basil, minced
- ☐ Eight burger buns
- ☐ ½ cup cheddar cheese, grated
- ☐ 2tspns mustard
- ☐ 2tspns garlic puree
- ☐ 2tspns tomato puree
- ☐ Salt and ground black pepper
- ☐ 2tspns dried mixed herbs, crushed

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
365	8.8g	41.4g	28.8g	2.5g	64mg

Cute Chinese Style Pork Meatballs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	10 min	3

Directions:

1. Preheat the AirFryer to 390 F and grease an AirFryer basket.
2. Mix all the ingredients in a bowl except cornstarch and oil until well combined.
3. Place the cornstarch through a shallow dish and shape the mixture into equal-sized balls and roll the meatballs evenly into the cornstarch mixture and arrange in the AirFryer basket.
4. Cook for about 10 min and dish out to serve warm.

Ingredients:

- ☐ 1 egg, beaten
- ☐ 6-ounce ground pork
- ☐ ¼ cup cornstarch
- ☐ 1tspn oyster sauce
- ☐ ½ tbspn light soy sauce
- ☐ ½ tspn sesame oil
- ☐ ¼ tspn five-spice powder
- ☐ ½ tbspn olive oil
- ☐ ¼ tspn brown sugar

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

175	6.6g	11.7g	17.3g	1.1g	96mg
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Savory Ginger, Garlic 'n Pork Dumplings

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	25 min	8

Directions:

1. Heat oil in a skillet and sauté the ginger and garlic until fragrant. Stir in the ground pork and cook for 5 min.
2. Stir in the bok choy and crushed red pepper. Season with salt and pepper to taste. Allow cooling.
3. Put all the meat mixture in the middle of the dumpling wrappers. Fold the wrappers to seal the meat mixture in.
4. Place the bok choy in the grill pan.
5. Cook the dumplings in the AirFryer at 330F for 15 min.
6. Preparing the dipping sauce by mixing the remaining ingredients in a bowl.

Ingredients:

- ☐ ¼ tspn crushed red pepper
- ☐ ½ tspn sugar
- ☐ 1tbspnminced fresh ginger
- ☐ 1tbspnminced garlic
- ☐ 1tspn canola oil
- ☐ 1tspn toasted sesame oil
- ☐ 18 dumpling wrappers
- ☐ 2tbspns rice vinegar
- ☐ 2tspns soy sauce
- ☐ 4 cups bok choy, minced
- ☐ 4 ounces ground pork

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
157	2.1g	26.4g	7.9g	0.7g	10mg

Seductive Grilled Prosciutto-Wrapped Fig

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	8 min	2

Directions:

1. Wrap a prosciutto slice around 1 slice of fid and then thread into the skewer. Repeat process for remaining Ingredients. Place on skewer rack in an AirFryer.
2. For 8 min, cook on 390F. Halfway through Time to cook, turnover skewers.
3. Enjoy.

Ingredients:

- ☐ 2 whole figs, sliced in quarters
- ☐ Eight prosciutto slices
- ☐ Pepper and salt to taste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
517	28.2g	9.6g	60.4g	8.1g	200mg

Tasty Grilled Sausages with BBQ Sauce

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	30 min	3

Directions:

1. Preheat the AirFryer to 390F.
2. Place the grill pan accessory in the AirFryer.
3. Place the sausage links and grill for 30 min.
4. Flip halfway through the Time to cook.
5. Before serving brush with prepared BBQ sauce.

Ingredients:

- ☐ ½ cup prepared BBQ sauce
- ☐ Six sausage links for Cooking

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
163	9.2g	15.8g	3.8g	11.2g	20mg

Lovely Crisp Pork Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	12 min	6

Directions:

1. Preheat the AirFryer to 360 F.
2. Add all ingredients except pork chops in a zip-lock bag.
3. Add pork chops in the bag. Seal bag and shake well to coat pork chops.
4. Remove pork chops from zip-lock bag and place in the AirFryer basket.
5. Cook pork chops for 10-12 min.
6. Enjoy.

Ingredients:

- ☐ 1 1/2 lbs pork chops, boneless
- ☐ 1 tspn paprika
- ☐ 1 tspn creole seasoning
- ☐ 1 tspn garlic powder
- ☐ 1/4 cup parmesan cheese, grated
- ☐ 1/3 cup almond flour

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
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410	31.1g	2.3g	29.2g	0.5g	104mg
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Sweet Parmesan Pork Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	15 min	4

Directions:

1. Preheat the AirFryer to 400 F.
2. Season pork chops with pepper and salt.
3. Add pork rind in food processor and process until crumbs form.
4. Mix together pork rind crumbs and seasoning in a large bowl.
5. Place egg in a separate bowl.
6. Dip pork chops in egg mixture then coat with pork crumb mixture and place in the AirFryer basket.
7. Cook pork chops for 12-15 min.
8. Enjoy.

Ingredients:

- ☐ 4 pork chops, boneless
- ☐ 4 tbspn parmesan cheese, grated
- ☐ 1 cup pork rind
- ☐ 2 eggs, lightly beaten
- ☐ 1/2 tbspn chili powder
- ☐ 1/2 tbspn onion powder
- ☐ 1 tbspn paprika
- ☐ 1/4 tbspn pepper
- ☐ 1/2 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
384	28g	3.1g	30.3g	0.7g	171mg

Simple Pork Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	9 min	4

Directions:

1. Brush pork chops with olive oil.
2. In a bowl, mix together parmesan cheese and spices.
3. Spray AirFryer basket with cooking spray.
4. Coat pork chops with parmesan cheese mixture and place in the AirFryer basket.
5. Cook pork chops at 375 F for 9 min. Turn halfway through.
6. Enjoy.

Ingredients:

- ☐ 4 pork chops, boneless

- ☐ 1 tbspn onion powder
- ☐ 1 tbspn smoked paprika
- ☐ 1/2 cup parmesan cheese, grated
- ☐ 2 tbspn olive oil
- ☐ 1/2 tbspn pepper
- ☐ 1 tbspn kosher salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
352	28.7g	3.1g	20.8g	0.8g	74mg

Quick Pork Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>14 min</i>	<i>3</i>

Directions:

1. Coat pork chops with olive oil and season with paprika, garlic powder, pepper, and salt.
2. Place pork chops in AirFryer basket and cook at 380 F for 10-14 min. Turn halfway through.
3. Enjoy.

Ingredients:

- ☐ 3 pork chops, rinsed and pat dry
- ☐ 1/4 tbspn smoked paprika
- ☐ 1/2 tbspn garlic powder
- ☐ 2 tbspn olive oil
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
342	29.3g	1.4g	18.3g	0.4g	69mg

Magnificent Pork with Mushrooms

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>18 min</i>	<i>4</i>

Directions:

1. Preheat the AirFryer to 400 F.
2. Cut pork chops into the 3/4-inch cubes and place in a large mixing bowl.
3. Add remaining ingredients into the bowl and toss well.
4. Transfer pork and mushroom mixture into the AirFryer basket and cook for 15-18 min. Shake basket halfway through.
5. Enjoy.

Ingredients:

- ☐ 1 lb pork chops, rinsed and pat dry
- ☐ 1/2 tspn garlic powder
- ☐ 1 tspn soy sauce
- ☐ 2 tspn butter, melted
- ☐ 8 ounces mushrooms, halved
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
432	34.1g	2.9g	27.8g	1.3g	113mg

Quick Bratwurst with Vegetables

Prep Time *Time to cook* *Serv*

10 min *20 min* *6*

Directions:

1. Add all ingredients into the large mixing bowl and toss well.
2. Line AirFryer basket with foil.
3. Add vegetable and bratwurst mixture into the AirFryer basket and cook at 390 F for 10 min.
4. Toss well and cook for 10 min more.
5. Enjoy.

Ingredients:

- ☐ 1 package bratwurst, sliced 1/2-inch rounds
- ☐ 1/2 tspn Cajun seasoning
- ☐ 1/4 cup onion, diced
- ☐ 2 bell pepper, sliced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
266	22.1g	5.6g	10.8g	2.2g	56mg

Enchanting Cheesy & Juicy Pork Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>8 min</i>	<i>2</i>

Directions:

1. Preheat the AirFryer to 350 F.
2. Rub pork chops with garlic powder and salt and place in the AirFryer basket.
3. Cook pork chops for 4 min.
4. Turn pork chops to another side and cook for 2 min.
5. Add cheese on top of pork chops and cook for 2 min more.
6. Enjoy.

Ingredients:

- 4 pork chops
- 1/4 cup cheddar cheese, shredded
- 1/2 tspn garlic powder
- 1/2 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
576	44.5g	1.7g	39.8g	0.6g	152mg

Delectable Pork Bites

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	21 min	6

Directions:

1. In a shallow bowl, whisk eggs.
2. In a shallow dish, mix together almond flour, coriander, paprika, lemon zest, and salt.
3. Dip each pork cube in egg then coat with almond flour mixture.
4. Preheat the AirFryer to 365 F.
5. Spray AirFryer basket with cooking spray.
6. Add coated pork cubes into the AirFryer basket and cook for 14 min.
7. Turn pork cubes to another side and cook for 7 min more.
8. Enjoy.

Ingredients:

- 2 eggs, lightly beaten
- 1 lb pork tenderloin, cut into cubes
- ¼ cup almond flour
- ½ tspn ground coriander
- ½ tspn paprika
- ½ tspn lemon zest
- ½ tspn kosher salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
138	4.8g	0.8g	22g	0.2g	110mg

Fantastic Pork Tenderloin

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	15 min	3

Directions:

1. In a small bowl, mix together saffron, onion powder, garlic powder, cinnamon, and sage.
2. Rub pork tenderloin with the saffron mixture.
3. Now rub pork tenderloin with garlic and vinegar and let sit for 10 min.

4. Preheat the AirFryer to 320 F.
5. Place pork tenderloin into the AirFryer and top with butter.
6. Cook for 15 min.
7. Slice and serve.

Ingredients:

- ☐ 1 lb pork tenderloin
- ☐ 1 tbspn vinegar
- ☐ 2 garlic cloves, diced
- ☐ 3 tbspn butter
- ☐ ½ tbspn onion powder
- ☐ ½ tbspn garlic powder
- ☐ ½ tbspn cinnamon
- ☐ 1 tbspn sage
- ☐ ½ tbspn saffron

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
337	17g	4.2g	40.3g	0.8g	141mg

Pesto Pork Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	18 min	5

Directions:

1. Spray pork chops with cooking spray.
2. Coat pork chops with pesto and sprinkles with almond flour.
3. Place pork chops into the AirFryer basket and cook at 350 F for 18 min.
4. Enjoy.

Ingredients:

- ☐ 5 pork chops
- ☐ 3 tbspn basil pesto
- ☐ 2 tbspn almond flour
- ☐ 1 tbspn olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
344	28.3g	2.4g	20.4g	0.4g	69mg

Garlic Thyme Pork Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	20 min	8

Directions:

1. Preheat the AirFryer to 400 F.

2. Spray AirFryer basket with cooking spray.
3. In a bowl, mix together butter, spices, cheese, and coconut oil.
4. Rub butter mixture on top of pork chops and place into the AirFryer basket.
5. Cook for 10 min. Turn to another side and cook for 10 min more.
6. Enjoy.

Ingredients:

- ☐ 8 pork chops, boneless
- ☐ 5 garlic cloves, diced
- ☐ 1 cup parmesan cheese
- ☐ 2 tbspn butter, melted
- ☐ 1 tbspn thyme
- ☐ 1 tbspn parsley
- ☐ 2 tbspn coconut oil
- ☐ 1/4 tbspn pepper
- ☐ 1/2 tbspn sea salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
338	27.7g	1.3g	20.4g	0g	81mg

Easy Pork Strips

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
2 hours 10 min	10 min	2

Directions:

1. Tenderize meat and season with pepper and salt.
2. In a bowl, mix together sweetener, soy sauce, and vinegar. Add ginger and garlic and set aside.
3. Add pork chops into the marinade mixture and marinate for 2 hours.
4. Preheat the AirFryer to 350 F.
5. Add marinated meat into the AirFryer and cook for 5 min on each side.
6. Cut into strips and serve.

Ingredients:

- ☐ 4 pork loin chops
- ☐ 1 tbspn swerve
- ☐ 1 tbspn soy sauce
- ☐ 1/8 tbspn ground ginger
- ☐ 1 garlic clove, minced
- ☐ 1/2 tbspn balsamic vinegar

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
523	39.8g	2.4g	36.6g	0.2g	138mg

Sweet BBQ Ribs

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<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
1 hour 10 min	30 min	2

Directions:

1. Preheat the AirFryer to 350 F.
2. Add all ingredients into the large bowl and mix well to coat. Place into the fridge for 1 hour.
3. Add marinated ribs into the AirFryer basket and cook for 15 min.
4. Turn ribs to another side and cook for 15 min more.
5. Enjoy.

Ingredients:

- ☐ 1 lb pork ribs
- ☐ 1/2 tspn five-spice powder
- ☐ 1 tspn swerve
- ☐ 4 tspn BBQ sauce, sugar-free
- ☐ 3 garlic cloves, minced
- ☐ 1 tspn soy sauce
- ☐ 1 tspn pepper
- ☐ 1 tspn sesame oil
- ☐ 1 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
501	33.3g	6.4g	42.5g	0.2g	91mg

Soulful Grilled Pork Shoulder

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
1 hour 10 min	15 min	2

Directions:

1. In a large bowl, mix together all ingredients and place in the refrigerator for 60 min.
2. Place AirFryer grill pan into the AirFryer.
3. Add pork mixture into the AirFryer and cook at 400 F for 15 min. Turn halfway through.
4. Enjoy.

Ingredients:

- ☐ 1/2 lb pork shoulder, cut into 1/2-inch slices
- ☐ 1/2 tspn Swerve
- ☐ 1/2 tspn sesame oil
- ☐ 1/2 tspn rice wine
- ☐ 1/2 tspn soy sauce
- ☐ 1 tspn green onion, sliced
- ☐ 1/2 tspn sesame seeds
- ☐ 1/4 tspn cayenne pepper
- ☐ 1/2 tspn garlic, diced
- ☐ 1/2 tspn ginger, diced
- ☐ 1 tspn gochujang
- ☐ 1/2 onion, sliced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
417	29g	10.4g	28g	4g	102mg

Dreamy Coconut Butter Pork Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
2 hours 10 min	15 min	2

Directions:

1. Preheat the AirFryer to 350 F.
2. In a large bowl, mix together garlic, coconut butter, coconut oil, parsley, basil, rosemary, pepper, and salt.
3. Rub garlic mixture over pork chops. Place in the refrigerator for 2 hours.
4. Place marinated pork chops into the AirFryer basket and cook for 7 min.
5. Turn pork chops to another side and cook for 8 min.
6. Enjoy.

Ingredients:

- ☐ 4 pork chops
- ☐ 1 tbspn coconut oil
- ☐ 1 tbspn coconut butter
- ☐ 1 tbspn dried parsley
- ☐ 1/4 tbspn dried basil
- ☐ 1/4 tbspn rosemary
- ☐ 3 garlic cloves, diced
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
626	51.2g	3.7g	36.8g	0.6g	138mg

FabulousBBQ Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
2 hours 10 min	10 min	2

Directions:

1. Season pork chops with pepper and salt.
2. Add pork chops in a bowl and coat well and place in the refrigerator for 2 hours.
3. Preheat the AirFryer to 350 F for 5 min.
4. Place marinated pork chops in AirFryer basket and cook for 10 min. Turn pork chops to another side halfway through.
5. Enjoy.

Ingredients:

- ☐ 2 pork loin chops
- ☐ 1 tbspn swerve
- ☐ 1/2 tbspn balsamic vinegar
- ☐ 1/8 tbspn ground ginger
- ☐ 1 tbspn soy sauce
- ☐ 1 garlic clove
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
267	19.9g	2.4g	18.6g	0.2g	69mg

Glorious Coconut Pork Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
1 hour 10 min	15 min	2

Directions:

1. Preheat the AirFryer to 350 F.
2. In a small bowl, mix together coconut butter, coconut oil, garlic, parsley, pepper, and salt.
3. Rub coconut butter mixture over pork chops and place in the refrigerator for 1 hour.
4. Place grill pan in the AirFryer.
5. Place marinated chops into the AirFryer and cook for 7 min.
6. Turn pork chops to another side and cook for 8 min.
7. Enjoy.

Ingredients:

- ☐ 4 pork chops
- ☐ 1 tbspn coconut oil
- ☐ 1 tbspn coconut butter
- ☐ 1 tbspn fresh parsley, minced
- ☐ 3 garlic cloves, grated
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
625	51.1g	3.4g	36.8g	0.6g	138mg

Enjoyable Pork Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	20 min	4

Directions:

1. Coat pork chops with Mr. dash seasoning, pepper, and salt.
2. Place pork chops in the AirFryer and cook at 360 F for 10 min.

3. Turn pork chops to another side and cook for 10 min more.
4. Enjoy.

Ingredients:

- 4 pork chops, boneless
- 1 1/2 tspn Mr. Dash seasoning
- Pepper
- Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
256	19.9g	0g	18g	0g	69mg

Fabulos Pork Loin

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>40 min</i>	<i>6</i>

Directions:

1. Coat meat with olive oil, pepper, garlic salt, and herb de Provence.
2. Place in the AirFryer and cook at 360 F for 25 min.
3. Turn to another side and cook for 15 min more.
4. Enjoy.

Ingredients:

- 3 lbs pork loin cut in half
- 1/2 tspn garlic salt
- 1/4 tspn pepper
- 1/2 tspn herbs de Provence
- 1 tspn olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
572	33.9g	0.7g	62.1g	0.2g	181mg

AppetizingMustard Pork Tenderloin

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>15 min</i>	<i>2</i>

Directions:

1. Preheat the AirFryer to 390 F.
2. In a bowl, mix together bell pepper strips, herb de Provence, onion, pepper, and salt.
3. Add 1/2 tspn oil and mix well.
4. Season pork tenderloin with mustard, pepper, and salt.
5. Coat pork tenderloin with remaining oil.
6. Place pork tenderloin pieces into the AirFryer pan and top with bell pepper mixture.
7. Place pan in the AirFryer and cook for 15 min. Stir halfway through.

8. Enjoy.

Ingredients:

- ☐ 1 pork tenderloin, cut into pieces
- ☐ 1/2 tspn mustard
- ☐ 1 onion, sliced
- ☐ 1 bell pepper, cut into strips
- ☐ 1 tspn oil
- ☐ 2 tspn herb de Provence
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
352	13.7g	10.7g	45.5g	5.5g	122mg

Charming McCornick Pork Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
40 min	15 min	2

Directions:

1. Season pork chops with pepper and salt.
2. Drizzle milk over the pork chops.
3. Place pork chops in a zip-lock bag with flour and shake well to coat. Marinate pork chops for 30 min.
4. Place marinated pork chops into the AirFryer basket and cook at 380 F for 15 min. Turn halfway through.
5. Enjoy.

Ingredients:

- ☐ 2 pork chops
- ☐ 1/2 tspn McCormick Montreal chicken seasoning
- ☐ 2 tspn arrowroot flour
- ☐ 1/2 tspn coconut milk
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
275	20.8g	2.2g	18.4g	0.1g	69mg

Delish Mustard Pork Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	12 min	2

Directions:

1. In a small bowl, mix together steak seasoning, swerve, and mustard.

2. Rub steak seasoning mixture over pork chops and place into the AirFryer basket.
3. Cook at 350 F for 12 min. Turn halfway through.
4. Enjoy.

Ingredients:

- 1/2 lb pork chops, boneless
- 1 tbspn Swerve
- 1/2 tbspn steak seasoning blend
- 1/2 tbspn mustard

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
379	29g	2g	26.2g	0.2g	98mg

Fantastic Pork

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
8 hours 10 min	20min	6

Directions:

1. Add meat and jerk paste into the bowl and coat well. Place in the fridge for overnight.
2. Spray AirFryer basket with cooking spray.
3. Preheat the AirFryer to 390 F.
4. Add marinated meat into the AirFryer and cook for 20 min.
5. Turn halfway through.
6. Enjoy.

Ingredients:

- 1 1/2 lbs pork butt, minced into pieces
- 3 tbspn jerk paste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
240	9.1g	1.5g	35.5g	1.1g	104mg

Vietnamese Pork Chop

<i>Prep Time</i>		<i>Time to cook</i>	<i>Serv</i>
2 hours 10 min		15min	2

Directions:

1. Add all ingredients into the bowl and coat well. Place in refrigerator for 2 hours.
2. Preheat the AirFryer to 400 F.
3. Place marinated pork chops into the AirFryer and cook for 7 min.
4. Turn pork chops to another side and cook for 5 min more.
5. Enjoy.

Ingredients:

- ☐ 2 pork chops
- ☐ 1 tbspn olive oil
- ☐ 1 tbspn soy sauce
- ☐ 1 tbspn pepper
- ☐ 2 1/2 tbspn lemongrass, minced
- ☐ 1 tbspn onion, minced
- ☐ 3 garlic cloves, minced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
343	27g	6.2g	19.3g	0.4g	69mg

Tasty Veggie Pork Tenderloin

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	15min	2

Directions:

1. Preheat the AirFryer to 390 F.
2. In AirFryer baking dish mix together 1/2 tbspnn olive oil, herb de Provence, bell pepper, onion, garlic powder, onion powder, and salt.
3. Season meat with pepper, mustard, and salt. Drizzle with remaining oil and place in the dish on top of onion and pepper mixture.
4. Place the dish in the AirFryer and cook for 8 min.
5. Stir everything well and cook for 7 min more.
6. Enjoy.

Ingredients:

- ☐ 10 ounces pork tenderloin, cut into small pieces
- ☐ 1/2 tbspn mustard
- ☐ 1 onion, sliced
- ☐ 1/2 red bell pepper, cut into strips
- ☐ 1/2 yellow bell pepper, cut into strips
- ☐ 1/4 tbspn garlic powder
- ☐ 1/4 tbspn onion powder
- ☐ 1/4 tbspn pepper
- ☐ 1 tbspn olive oil
- ☐ 2 tbspn herb de Provence

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
341	13.2g	16.2g	40g	4.6g	103mg

WonderfulAsian Pork

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
1 hou r 10 min	15min	4

Directions:

1. Add all ingredients into the bowl and mix well and place in the refrigerator for 1 hour.
2. Place marinated meat and onion slices into the AirFryer.
3. Cook at 400 F for 15 min. Flip halfway. .
4. Enjoy.

Ingredients:

- 1 lb pork shoulder, boneless and cut into 1/2 inch sliced
- 3 tbspn green onions, sliced
- 3 garlic cloves, diced
- 1 tbspn ginger, diced
- 2 tbspn red pepper paste
- 1 onion, sliced
- 1 tbspn sesame seeds
- 3/4 tbspn cayenne pepper
- 1 tbspn sesame oil
- 1 tbspn rice wine

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
414	29.1g	9.4g	28.1g	4g	102mg

Luscious Creole Pork Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	12min	6

Directions:

1. Preheat the AirFryer to 360 F.
2. Add all ingredients except pork chops into the zip-lock bag. Mix well.
3. Add pork chops into the bag. Seal bag and shake until well coated.
4. Spray AirFryer basket with cooking spray.
5. Place pork chops into the AirFryer basket and cook for 12 min.
6. Enjoy.

Ingredients:

- 1 1/2 lbs pork chops, boneless
- 1 tbspn garlic powder
- 5 tbspn parmesan cheese, grated
- 1/3 cup almond flour
- 1 1/2 tbspn paprika
- 1 tbspn Creole seasoning

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
426	12.7g	2.8g	30.8g	0.6g	108mg

Delightful Classic Pork

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<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>1 hour 10 min</i>	<i>10min</i>	<i>4</i>

Directions:

1. In a bowl, whisk together onion, pepper, lemongrass paste, fish sauce, garlic, sweetener, and oil.
2. Add meat slices into the bowl and coat well. Place in the fridge for 1 hour.
3. Place marinated meat in the AirFryer basket and cook at 400 F for 10 min. Turn halfway through.
4. Enjoy.

Ingredients:

- ☐ 1 lb pork shoulder, thinly sliced
- ☐ 1 tbspn fish sauce
- ☐ 3 garlic cloves, diced
- ☐ 1 tbspn Swerve
- ☐ 2 tbspn olive oil
- ☐ 1/4 cup onion, diced
- ☐ 1/2 tbspn pepper
- ☐ 1 tbspn lemongrass paste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
405	31.3g	2.8g	26.9g	0.7g	102mg

Simple Pork Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>10min</i>	<i>4</i>

Directions:

1. Preheat the AirFryer to 400 F.
2. In a small bowl, mix together paprika, garlic salt, sage, pepper, cayenne pepper, and cumin.
3. Rub pork chops with spice mixture and place into the AirFryer and cook for 10 min. Turn halfway through.
4. Enjoy.

Ingredients:

- ☐ 4 pork chops
- ☐ 2 tbspn olive oil
- ☐ 1/2 tbspn dried sage
- ☐ 1/2 tbspn cayenne pepper
- ☐ 1/4 tbspn pepper
- ☐ 1 tbspn ground cumin
- ☐ 1 tbspn paprika
- ☐ 1/2 tbspn garlic salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

334	27.6g	3.2g	18.8g	0.5g	69mg
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Scrummy Garlic Pork Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
35 min	20min	5

Directions:

1. In a small bowl, mix together garlic, parsley, oil, and lemon juice.
2. Season pork chops with pepper and salt.
3. Rub garlic mixture over the pork chops and allow to marinate for 30 min.
4. Add marinated pork chops into the AirFryer and cook at 400 F for 10 min.
5. Turn pork chops to another side and cook for 10 min more.
6. Enjoy.

Ingredients:

- ☐ 2 lbs pork chops
- ☐ 2 tbspn garlic, diced
- ☐ 1 tbspn fresh parsley
- ☐ 2 tbspn olive oil
- ☐ 2 tbspn fresh lemon juice
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
635	50.8g	1.3g	41.1g	0.2g	156mg

Perfect Cheese Herb Pork Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	9min	2

Directions:

1. Preheat the AirFryer to 350 F.
2. Mix together almond flour, Cajun seasoning, herb de Provence, paprika, and cheese.
3. Spray pork chops with cooking spray and coat pork chops with almond flour mixture and place into the AirFryer basket.
4. Cook for 9 min.
5. Enjoy.

Ingredients:

- ☐ 2 pork chops, boneless
- ☐ 1 tbspn herb de Provence
- ☐ 1 tbspn paprika
- ☐ 4 tbspn parmesan cheese, grated
- ☐ 1/3 cup almond flour
- ☐ 1/2 tbspn Cajun seasoning

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
383	28.7g	3.9g	28.5g	0.5g	89mg

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
383	28.7g	3.9g	28.5g	0.5g	89mg

Beef

Spicy grilled steak

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
2 5 min	1 8 min	4

Directions:

1. In a small bowl, thoroughly mix the salsa, chipotle pepper, cider vinegar, cumin, black pepper, and red pepper flakes. Rub this mixture into both sides of each steak piece. Let stand for 15 min at room temperature.
2. Grill the steaks in the AirFryer, 2 at a time, for 6 to 9 min, or until they reach at least 145°F on a meat thermometer.

Ingredients:

- ☐ 2tbspns low-Sodium salsa
- ☐ 1tbspndicedchipotle pepper
- ☐ 1tbspn apple cider vinegar
- ☐ 1tspn ground cumin
- ☐ ⅓ tspn freshly ground black pepper
- ☐ ⅓ tspn red pepper flakes
- ☐ ¾ pound sirloin tip steak, cut into 4 pieces and gently pounded to about ½ inch thick

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
177	7.3g	4.1g	23.7g	0.2g	60mg

Toothsome Greek vegetable skillet

<i>Prep Time</i>	<i>Time to cook</i>		<i>Serv</i>
10 min	19 min		4

Directions:

1. In a 6-by-2-inch metal pan, crumble the beef. Time to cook: in the AirFryer for 3 to 7 min, stirring once during cooking, until browned. Drain off any fat or liquid.
2. Add the tomatoes, onion, and garlic to the pan. Air-fry for 4 to 8 min more, or until the onion is tender.
3. Add the spinach, lemon juice, and beef broth. Air-fry for 2 to 4 min more, or until the spinach is wilted.
4. Sprinkle with the feta cheese and serve immediately.

Ingredients:

- ☐ ½ pound 96 percent lean ground beef
- ☐ 2 medium tomatoes, minced
- ☐ 1 onion, minced
- ☐ 2 garlic cloves, diced
- ☐ 2 cups fresh baby spinach

- 2tbspns freshly squeezed lemon juice
- ½ cup low-Sodium beef broth
- 2tbspns crumbled low-sodium feta cheese

□ Calories	Fat	Carbs	Protein	Sugar	Cholesterol
113	3.6g	6.4g	14.3g	3.2g	34mg

Light herbed meatballs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	20 min	12

Directions:

1. In a 6-by-2-inch pan, combine the onion, garlic, and olive oil. Air-fry for 2 to 4 min, or until the vegetables are crisp-tender.
2. Transfer the vegetables to a medium bowl and add the breadcrumbs, milk, marjoram, and basil. Mix well.
3. Add the ground beef. With your hands, work the mixture gently but thoroughly until combined. Form the meat mixture into about 24 (1-inch) meatballs.
4. Bake the meatballs, in batches, in the AirFryer basket for 12 to 17 min, or until they reach 160°F on a meat thermometer. Serve immediately.

Ingredients:

- 1 medium onion, diced
- 2 garlic cloves, diced
- 1tspn olive oil
- 1 slice low-sodium whole-wheat bread, crumbled
- 3tbspns 1 percent milk
- 1tspn dried marjoram
- 1tspn dried basil
- 1-pound 96 percent lean ground beef

□ Calories	Fat	Carbs	Protein	Sugar	Cholesterol
65	2g	2.9g	8.5g	1.1g	20mg

Lovely Brussel Sprout Beef Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
6 min	38 min	1

Directions:

1. Brush the beef chop with olive oil cooking spray; sprinkle with salt and 1/4 tbsp. pepper. Combine butter, syrup, mustard and remaining 1/4 cup. Pepper in a bowl; add brussels sprouts; cover it up.

2. Place the beef chop on one side of the AirFryer toaster tray and the marinated Brussels sprouts on the other.
3. Heat deep fryer to 400°F and cook until beef with Brussels sprouts is golden brown, 30-35 minutes.
4. Serve hot.

Ingredients:

- ☐ 8 ounces. Beef chops
- ☐ 6 ounces. Brussels sprouts
- ☐ Olive oil spray
- ☐ 1 tbspn. olive oil
- ☐ 1/8 tbspn. kosher salt
- ☐ 1 tbspn. maple syrup
- ☐ 1/2 tbspn. black pepper
- ☐ 1 tbspn. Dijon mustard

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
566	25.4g	36g	52.6g	15.7g	104mg

Marvelous Sirloin steak

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>15 min</i>	<i>2</i>

Directions:

1. Switch on the AirFryer, insert fryer basket, grease it with olive oil, then shut with its lid, set the fryer at 392 degrees f, and preheat for 5 min.
2. Meanwhile, pat dries the steaks, then brush with oil and then season well with steak seasoning until coated on both sides.
3. Open the fryer, add steaks in it, close with its lid and cook for 10 min until nicely golden and crispy, flipping the steaks halfway through the frying.
4. When AirFryer beeps, open its lid, transfer steaks onto a serving plate.

Ingredients:

- ☐ 2 sirloin steaks, grass-fed
- ☐ 1tbspnn olive oil
- ☐ 2tbspns steak seasoning

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
218	12.3g	0g	25.8g	0g	76mg

Easy Meatloaf

Prep Time **Time to cook** **Serv**
10 min **20 min** **4**

Directions:

1.Switch on the AirFryer, insert fryer basket, then shut with its lid, set the fryer at 360 degrees f, and preheat for 5 min.

2.Meanwhile, place all the ingredients in a bowl, stir until well mixed, then take an 8-inches round pan, grease it with oil, add the beef mixture in it, and spread it evenly.

3.Open the fryer, place the pan in it, close with its lid and cook for 15 min until the top is nicely golden and meatloaf is thoroughly cooked.

4.When AirFryer beeps, open its lid, take out the pan, then drain the excess Fat and take out the meatloaf.

5.Cut the meatloaf into 4 pieces.

Ingredients:

- 1-pound ground beef, grass-fed
- 1tblspndicedgarlic
- 1 cup white onion, peeled and diced
- 1tblspndicedginger
- 1/4 cup minced cilantro
- 1tspn cayenne pepper
- 1tspn salt
- 1/2 tspn ground cinnamon
- 1tspn turmeric powder
- 1/8 tspn ground cardamom
- 2 eggs, pastured

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
266	9.5g	5.4g	37.9g	1.6g	183mg

Simple Rib Eye Steak

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	12 min	2

Directions:

1. Coat each steak evenly with butter and then, season with salt and black pepper.
2. Set the temperature of AirFryer to 392 degrees f. Grease an AirFryer basket.
3. Arrange steaks into the prepared AirFryer basket.
4. Air fry for about 8-12 min.
5. Remove from the AirFryer and transfer the steaks onto serving plates.

Ingredients:

- 2 (7-ounces) striploin steak
- 1½ tbsps butter softened
- Salt and ground black pepper, as required

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
336	23.1g	0g	29.1g	0g	94mg

Double Cheeseburger

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>18 min</i>	<i>1</i>

Directions:

1. Switch on the AirFryer, insert fryer basket, grease it with olive oil, then shut with its lid, set the fryer at 370 degrees f, and preheat for 5 min.
2. Meanwhile, season the patties well with onion powder, black pepper, and salt.
3. Open the fryer, add beef patties in it, close with its lid and cook for 12 min until nicely golden and cooked, flipping the patties halfway through the frying.
4. Then top the patties with a cheese slice and continue cooking for 1 min or until cheese melts.

Ingredients:

- 2 beef patties, pastured
- 1/8 tspn onion powder
- 2 slices of mozzarella cheese, low Fat
- 1/8 tspn ground black pepper
- 1/8 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
498	33.1g	13.1g	37.3g	0.1g	82mg

Crispy Fillet Steak

Prep Time **Time to cook** **Serv**

15 min 10 min 2

Directions:

1. In a shallow bowl, place the flour.
2. Beat egg with onion powder, salt and black pepper.
3. Coat each steak with the white flour, then dip into beaten eggs, and finally, coat with panko mixture.

4. Set the temperature of AirFryer to 360 degrees f. Grease an AirFryer basket.
5. Arrange steaks into the prepared AirFryer basket.
6. Air fry for about 10 min, flipping once halfway through.
7. Remove from the AirFryer and transfer the steaks onto the serving plates.

Ingredients:

- 1 cup white flour
- 2 eggs
- 1 cup panko breadcrumbs
- 1 tspn garlic powder
- 1 tspn onion powder
- Salt and ground black pepper, as required
- 2 (6-ounces) sirloin steaks, pounded

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
599	10.3g	80.1g	42.2g	2.3g	240mg

Buttered Filet Mignon

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>14 min</i>	<i>2</i>

Directions:

1. Coat each steak evenly with butter and then, season with salt and black pepper.
2. Set the temperature of AirFryer to 390 degrees f. Grease an AirFryer basket.
3. Arrange steaks into the prepared AirFryer basket.
4. Air fry for about 14 min, flipping once halfway through.
5. Remove from the AirFryer and transfer onto serving plates.
6. Serve hot.

Ingredients:

- 2 (6-ounces) filet mignon steaks
- 1tbspn butter softened
- Salt and ground black pepper, as required

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
277	13.9g	0g	24.4g	0g	88mg

Savory Spiced & Herbed Skirt Steak

Prep Time	Time to cook	Serv
8 hours 45 min	20 min	4

Directions:

1. In a bowl, mix the garlic, herbs, spices, oil, and vinegar.
2. In a resealable bag, place $\frac{1}{4}$ cup of the herb mixture and steaks.
3. Refrigerate for about 8 hours.
4. Reserve the remaining herb mixture in the refrigerator.
5. Take out the steaks from the fridge and place it at room temperature for about 30 min.
6. Set the temperature of AirFryer to 390 degrees f. Grease an AirFryer basket. Arrange steaks into the prepared AirFryer basket.
7. Air fry for about 8-10 min.
8. Remove from the AirFryer and place the steaks onto a cutting board for about 10 min before slicing.
9. Cut each steak into desired size slices and transfer onto a serving platter.
10. Top with reserved herb mixture and serve.

Ingredients:

- 3 garlic cloves, diced
- 1 cup fresh parsley leaves, finely minced
- 3 tbsps fresh oregano, finely minced
- 3 tbsps fresh mint leaves, finely minced
- 1 tbspn ground cumin
- 2 tspns smoked paprika
- 1 tspn cayenne pepper
- 1 tspn red pepper flakes, crushed
- Salt and ground black pepper, as required
- $\frac{3}{4}$ cup olive oil
- 3 tbsps red wine vinegar
- 2 (8-ounces) skirt steaks

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

474	44.6g	5.9g	16.7g	0.5g	33mg
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Steak with Bell Peppers

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
20 min	22 min	4

Directions:

1. In a large bowl, mix the oregano and spices.
2. Add the beef strips, bell peppers, onion, and oil. Mix until well combined.
3. Set the temperature of AirFryer to 390 degrees f. Grease an AirFryer basket.
4. Arrange steak strips mixture into the prepared AirFryer basket in 2 batches.
5. Air fry for about 10-11 min or until d1 completely.
6. Remove from the AirFryer and transfer the steak mixture onto serving plates.

Ingredients:

- ☐ 1tspn dried oregano, crushed
- ☐ 1tspn onion powder
- ☐ 1tspn garlic powder
- ☐ 1tspn red chili powder
- ☐ 1tspn paprika
- ☐ Salt, to taste
- ☐ 1¼ pounds beef steak, cut into thin strips
- ☐ 2 green bell peppers, seeded and cubed
- ☐ 1 red bell pepper, seeded and cubed
- ☐ 1 red onion, sliced
- ☐ 2tbspns olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
359	16.2g	8.1g	44.2g	3.9g	127mg

Bacon-Wrapped Filet Mignon

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	15 min	2

Directions:

1. Wrap 1 bacon slice around each mignon steak and secure with a toothpick.
2. Season the steak evenly with salt and black pepper.
3. Then, coat each steak with avocado oil.
4. Set the temperature of AirFryer to 375 degrees f. Grease an AirFryer basket.
5. Arrange steaks into the prepared AirFryer basket.
6. Air fry for about 15 min, flipping once halfway through.
7. Remove from the AirFryer and transfer the steaks onto serving plates.
8. Serve hot.

Ingredients:

- ☐ 2 bacon slices
- ☐ 2 (6-ounces) filet mignon steaks
- ☐ Salt and ground black pepper, as required
- ☐ 1 tspn avocado oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
282	16.3g	0.4g	31.4g	0g	94mg

Delicious Beef Short Ribs

Prep Time	Time to cook	Serv
	8 hours 15 min	16 min

8

Directions:

- ☐ 1. In a resealable bag, put the ribs and all the above Ingredients
- ☐ 2. Refrigerate overnight or for 8 hours.
- ☐ 3. Set the temperature of AirFryer to 380 degrees f. Grease an AirFryer basket.
- ☐ 4. Take out the short ribs from a resealable bag and arrange it into the prepared AirFryer basket in 2 batches in a single layer.
- ☐ 5. Air fry for about 8 min, flipping once halfway through.
- ☐ 6. Remove from AirFryer and transfer onto a serving platter.
- ☐ 7. Serve hot.

Ingredients:

- ☐ ☐ 4 pounds b1-in beef short ribs
- ☐ ☐ 1/3 small cup lions, minced
- ☐ ☐ 1 tbspn fresh ginger, finely grated
- ☐ ☐ 1 cup low-Sodium soy sauce
- ☐ ☐ ½ cup of rice vinegar
- ☐ ☐ 1 tbspn sriracha
- ☐ ☐ 2 tbspn Brown Sugar
- ☐ ☐ 1 tspn ground black peppe
- ☐

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
908	82.3g	3g	34.2g	2g	171mg

Corned Beef

Prep Time	Time to cook	Serv
10 min	35 min	6

Directions:

- 1.Add butter into the AirFryer and set the container on sauté mode.
- 2.Add bacon to the pot and cook until bacon is crispy.
- 3.Add meat and cook until browned. Add remaining ingredients and Stir.
- 4.Seal fryer with lid and cook on manual high pressure for 35 min.
- 5.Stir and serve hot.

Ingredients:

- □ 1/4 lbs. corned beef, minced
- □ 1 onion, minced
- □ 2 celery stalks, minced
- □ 1/2 tspn cumin
- □ 1 tspn garlic powder
- □ 3 cups chicken broth
- □ 1 tspn butter
- □ 2 bacon slices, diced
- □ 1/2 lbs cabbage, minced
- □ 1 carrot, sliced
- □ 1/2 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
131	7.8g	6.9g	8.4g	3.3g	24mg

Delectable Kansas Farm Beef Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>7 min</i>	<i>20 min</i>	<i>4</i>

Directions:

1. Take a bowl that needs to be big enough to dip down the Beef chops put Beef, parsley, paprika, onion and garlic powders, and allspice.
2. Whisk until mixed well.
3. Spray each Beef chop on both sides with olive oil spray, ensuring to cover it all as the Beef rinds are going to stick to the olive oil.
4. Put each Beef chop in the Beef rind mixture, coating it entirely on both sides.
5. Put Beef chops in AirFryer toaster oven, ensuring not to overcrowd.

6. Set an AirFryer toaster oven to 400° for 12 min. Once d1, turn the Beef chop over and cook for another 5 min at 400° if needed.
7. Serve while hot.

Ingredients:

- ☐ 4 b1-in Beef chops
- ☐ 1 tbspn. paprika
- ☐ 1 tbspn. onion powder
- ☐ 1 tbspn. parsley
- ☐ 1 tbspn. garlic powder
- ☐ 1/8 tbspn. allspice
- ☐ Olive oil
- ☐ 2 cups finely crushed Beef rinds

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
319	21.8g	16.1g	14.8g	10.3g	50mg

Mozzarella Beef Brisket

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
18 min	28 min	3

Directions:

1. Dry Beef brisket using the paper towels and discard the paper towels. Brush olive oil over the beef brisket.
2. Put seasonings, and mix Beef brisket to coat all of it with seasonings.
3. Now open Beef brisket, line 4 pieces, and top with about 4 slices of tomatoes and 4 basil leaves.
4. Close down Beef and seal it with 4 toothpicks at the corners of Beef. Do the same with other Beef.
5. Spritz AirFryer basket with olive oil cooking spray. Lay the Beef.
6. Spray the top of Beef with olive oil cooking spray for a golden color.
7. Set down the temperature to 360 degrees F and the set timer for 28 min or a bit more for desired crispness and golden brown color. 8. When time completes, remove Beef from baskets, and take out the toothpicks before serving. Garnish them with minced basil.

Ingredients:

- □ 3 tbspn. olive oil
- □ Eight basil leaves
- □ 8 ounces. Beef brisket
- □ 2 tomatoes
- □ 1/2 tbspn. dried thyme
- □ 1/2 tbspn. salt
- □ 1 tbspn. dried oregano
- □ 1 tbspn. dried basil
- □ 1/2 tbspn. black pepper
- □ 4 ounces. mozzarella cheese

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
391	25.8g	6.5g	34.7g	2.2g	88mg

Delightful Zucchini Lean Beef Burger

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	20 min	2

Directions:

1. Squeeze all the moisture very well from the zucchini with paper towels.
2. In a bowl, mix the ground beef, zucchini, breadcrumbs, garlic, onion, salt, and pepper.
3. Create five equal patties, 4 ounces. Each, 1/2 inch thick.
4. Preheat the AirFryer toaster oven to 370F.
5. Now cook in a single layer in 2 batches 10 min or cook until browned and cooked through from the center.
6. Serve warm.

Ingredients:

- □ 6 ounces. zucchini
- □ Oil spray
- □ 1/4 cup breadcrumbs
- □ 1 clove garlic
- □ 1 tbspn. red onion
- □ 1 lb. lean beef
- □ 1 tbspn. kosher salt, pepper

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
495	15.3g	13.6g	71.8g	2.5g	203mg

Roasted Pepper Beef Prosciutto

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
20 min	15 min	8

Directions:

- 1.First, wash and dry the Beef cutlets very thoroughly with paper towels.
2. Add breadcrumbs in a bowl and another second bowl, stir the olive oil, lemon juice, and pepper.
3. Preheat the AirFryer toaster oven to 400°F.
4. Slightly spray a baking dish with olive oil spray.
5. Put each cutlet on a work surface such as a cutting board and lay 1/2 slice prosciutto, 1/2 slice cheese, 1 piece of roasted pepper, and 3 spinach leaves on 1 side of the Beef cutlet.
6. Roll it and put seam side down on a dish. Dip down the Beef in the olive oil and lemon juice after that into the breadcrumbs.
7. Do the same with the Beef left. Cook in the air fryer at 400F for 15 minutes, turning once.

Ingredients:

- 8 ounces. Beef cutlets
- Olive oil spray
- 8 ounces. sliced thin prosciutto
- 8 slices mozzarella
- 8 ounces. roasted peppers
- 1 lemon
- 8 Spinach leaves
- 1 tbspn. olive oil
- 1/2 cup GF breadcrumbs
- Salt and fresh pepper

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
411	25g	17.4g	29.1g	2.5g	70mg

Seasoned Bleu Cordon Beef Belly

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	35 min	6

Directions:

1. Preheat AirFryer toaster oven to 450°F. Spread a large baking sheet with cooking spray.
2. Wash down and dry the Beef cutlets; lightly pound the Beef to make thinner and lightly season with salt and pepper.

3. Lay the Beef on a plain surface and put a slice cheese and roll, setting them aside seam side down. In a bowl, stir eggs and egg whites along with water to make an egg wash. In a separate bowl, add breadcrumbs and parmesan cheese.

4. Dip down the Beef into the egg wash after that into the breadcrumbs.

5. Put Beef onto the baking sheet seams side down. Spray the top of the Beef with more olive oil spray and bake it to about 25 min, or until your desired crispness and golden brownish color.

Ingredients:

- ☐ 36 ounces. Beef belly
- ☐ 1/2 cup seasoned breadcrumb
- ☐ 2 large egg whites
- ☐ 1 large egg
- ☐ Salt and pepper
- ☐ Cooking spray
- ☐ 4.4 ounces. cheese

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
355	22.6g	6.1g	30.2g	0.3g	127mg

ExquisiteHoney Mustard Cheesy Meatballs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	15 min	8

Directions:

1. Preheat the AirFryer to 385 o F and grease an AirFryer basket.
2. Mix all the ingredients in a bowl until well combined.
3. Shape the mixture into equal-sized balls gently and arrange the meatballs in the AirFryer basket.
4. Cook for about 15 min and dish out to serve warm.

Ingredients:

- ☐ 2 onions, minced
- ☐ 1 pound ground beef
- ☐ 4tbspns fresh basil, minced
- ☐ 2tbspns cheddar cheese, grated
- ☐ 2tspns garlic paste
- ☐ 2tspns honey
- ☐ Salt and black pepper, to taste
- ☐ 2tspns mustard

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
134	4.4	4.6	18.2	2.7	53mg

Simple Beef Burgers

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>

20 min

12 min

6

Directions:

1. Preheat the AirFryer to 390 F and grease an AirFryer basket.
2. Mix the beef, salt, and black pepper in a bowl.
3. Make small equal-sized patties from the beef mixture and arrange half of the patties in the AirFryer basket.
4. Cook for about 12 min and top each patty with 1 cheese slice.
5. Arrange the patties between rolls and drizzle with ketchup.
6. Repeat with the remaining batch and dish out to serve hot.

Ingredients:

- ☐ 2 pounds ground beef
- ☐ 12 cheddar cheese slices
- ☐ 12 dinner rolls
- ☐ Six tbspsns tomato ketchup
- ☐ Salt and black pepper, to taste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
653	30g	30.5g	64.1g	3.7g	194mg

Magical Garlic-Rosemary Rubbed Beef Rib Roast

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
20 min	1 hour 25 min	6

Directions

1. Preheat the AirFryer for 5 min.
2. Place all ingredients in a baking dish that will fit in the AirFryer.
3. Place the dish in the AirFryer and cook for the roast at 390 for 15 minutes, then turn the heat down to 360 and cook for another 45 minutes -or 1 hour the remainder of cook time. This is the "searing" process that will seal the juices.
4. Be sure you allow the roast to rest at least 10 to 15 minutes before slicing.

Ingredients:

- ☐ 1 cup dried porcini mushrooms
- ☐ 1 medium shallot, minced
- ☐ 2 cloves of garlic, diced
- ☐ 2 cups of water
- ☐ 3 tbspsns unsalted pepper
- ☐ 3 tbspsns vegetable oil
- ☐ 4 sprigs of thyme
- ☐ Six ribs, beef rib roast
- ☐ Salt and pepper to taste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
458	36.9g	9.5g	21.5g	0.1g	72mg

Garlic-Mustard Rubbed Roast Beef

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
20 min	2 hour 5 min	12

Directions:

1. In a mixing bowl, combine the garlic, almond flour, parsley, salt, and pepper. Heat a butter and olive oil in a skillet and brown the beef on all sides 3-5 minutes.
2. Rub the almond flour mixture all over the beef. Brush with Dijon mustard.
3. Place the crusted beef in a baking dish.
4. Pour the beef broth slowly.
5. Place the baking dish with the beef in the AirFryer. Close.
6. Cook for 2 hours at 400 F.
7. Baste the beef with the sauce every 30 min.

Ingredients:

- ☐ ¼ cup Dijon mustard
- ☐ ¼ cup freshly parsley, minced
- ☐ ¼ cup unsalted butter
- ☐ 2 cups almond flour
- ☐ 2tbspns olive oil
- ☐ 3 ½ cups beef broth
- ☐ 3 pounds'boneless beef eye round roast
- ☐ 4 cloves of garlic, minced
- ☐ Salt and pepper to taste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

Ginger Soy Beef Recipe from the Orient

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
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2 hours 15 min 5min

3

Directions:

1. In a resealable bag, mix fresh ginger, garlic, green onions, barbecue sauce, soy sauce, sherry, and hoisin. Add steak and mix well. Remove excess air, seal, and marinate for at least 2 hours.
2. Thread steak into skewers and discard marinade.
3. For 10- 15 min, cook on preheated 390 F AirFryer.
4. Enjoy.

Ingredients:

- 2tbspns soy sauce
- 1 green onion, minced
- 1 clove garlic, diced
- 1/2 tspns hoisin sauce
- 1/2 tspns sherry
- 1/2 tspn barbeque sauce
- 1-1/2 tspns dicedfresh ginger root
- 3/4-pound flank steak, thinly sliced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
244	9.5g	2.8g	32.5g	0.9g	62mg

Gorgeous Ginger-Orange Beef Strips

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>25min</i>	<i>3</i>

Directions:

1. Preheat the AirFryer to 330F.
2. Season the steak slices with soy sauce and dust with cornstarch.
3. Place in the AirFryer basket and cook for 25 min.
4. Meanwhile, place in the skillet oil and heat over medium flame. Sauté the garlic and ginger until fragrant.
5. Stir in the oranges, molasses, and rice vinegar. Season with salt and pepper to taste.
6. Once the meat is cooked, place in the skillet and stir to coat the sauce.
7. Drizzle with oil and garnish with scallions

Ingredients:

- 1 ½ pound stir fry steak slices
- 1 ½ tspn sesame oil
- 1 navel oranges, segmented
- 1 tbspn olive oil
- 1 tbspn rice vinegar
- 1 tspn grated ginger
- 2 scallions, minced
- 3 cloves of garlic, diced
- 3 tbspns molasses
- 3 tbspns soy sauce
- Six tbspns cornstarch

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
556	21.7g	40.1g	47.7g	17.4g	129mg

Lovely Grilled Beef with Grated Daikon Radish

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>40min</i>	<i>2</i>

Directions:

1. Preheat the AirFryer to 390F.
2. Place the grill pan accessory in the AirFryer. Season the steak with salt and pepper.
3. Brush with oil.
4. Grill for 20 min per piece and make sure to flip the beef halfway through the Time to cook
5. Preparing the dipping sauce by combining the soy and vinegar.
6. Serve the steak with the sauce and daikon radish.

Ingredients:

- ☐ ¼ cup grated daikon radish
- ☐ ½ cup of rice wine vinegar
- ☐ ½ cup of soy sauce
- ☐ 1 tbspn olive oil
- ☐ 2 strip steaks
- ☐ Salt and pepper to taste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
218	8g	6.9g	20.5g	2.6g	47mg

Gravy Smothered Country Fried Steak

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>25min</i>	<i>4</i>

Directions:

1. Preheat the AirFryer to 330F.
2. The steak season with salt and pepper to taste.
3. Dip the steak in egg and dredge in flour mixture (comprised of flour, bread crumbs, onion powder, and garlic powder).
4. Put in the AirFryer and cook for 25 min.
5. Meanwhile, place the sausage meat in a saucepan and allow the fat to render. Stir in flour to form a roux and add milk. Season with salt and pepper to taste. Keep stirring until the sauce thickens.
6. Serve the steak with the milk gravy

Ingredients:

- ☐ 1 cup flour
- ☐ 1 cup panko bread crumbs
- ☐ 1tspn garlic powder
- ☐ 1tspn onion powder
- ☐ 2 cups of milk
- ☐ 2tbspns flour
- ☐ 3 eggs, beaten

- ☐ 22 ounces ground sausage meat
- ☐ 22 ounces sirloin steak, pounded thin
- ☐ Salt and pepper to taste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
831	33.9g	50.3g	75.4g	7.6g	206mg

Grilled Spicy Carne Asada

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
2 hours 10 min	50min	2

Directions:

1. Put all ingredients in a bag which closes and marinate in the fridge for 2 hours.
2. Preheat the AirFryer to 390F.
3. Place the grill pan accessory in the AirFryer.
4. Grill the skirt steak for 20 min.
5. Flip the steak every 10 min for even grilling.

Ingredients:

- ☐ 1 chipotle pepper, minced
- ☐ 1 dried ancho chilies, minced
- ☐ 1 tbspn coriander seeds
- ☐ 1 tbspn cumin
- ☐ 1 tbspns soy sauce
- ☐ 2 slices skirt steak
- ☐ 2 tbspns Asian fish sauce
- ☐ 2 tbspns brown sugar
- ☐ 2 tbspns of fresh lemon juice
- ☐ 2 tbspns olive oil
- ☐ 3 cloves of garlic, diced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
478	31.9g	16.2g	31.1g	11.5g	58mg

Savory Grilled Steak on Tomato-Olive Salad

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	50min	5

Directions:

1. Preheat the AirFryer to 390F.
2. Place the grill pan accessory in the AirFryer.
3. Season the steak with salt, pepper, paprika, and cayenne pepper. Brush with oil
4. Place on the grill pan and cook for 45 to 50 min.
5. Meanwhile, prepare the salad by mixing the remaining ingredients.

6. Serve the beef with salad.

Ingredients:

- ☐ ¼ cup extra virgin olive oil
- ☐ ¼ tspn cayenne pepper
- ☐ ½ cup green olives, pitted and sliced
- ☐ 1 cup red onion, minced
- ☐ 1 tbspn oil
- ☐ 1 tspn paprika
- ☐ ½ pound flank
- ☐ 2 pounds cherry tomatoes halved
- ☐ 2 tbspsn Sherry vinegar
- ☐ Salt and pepper to taste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
256	18g	11.1g	15.7g	1g	25mg

Grilled Tri-Tip over Beet Salad

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	45min	6

Directions:

1. Preheat the AirFryer to 390F.
2. Place the grill pan accessory in the AirFryer.
3. Season the tri-tip with salt and pepper. Drizzle with oil.
4. Grill for 15 min per batch.
5. Meanwhile, prepare the salad by tossing the rest of the ingredients in a salad bowl.
6. Toss in the grilled tri-tip and drizzle with more balsamic vinegar.

Ingredients:

- ☐ 1 bunch arugula, torn
- ☐ 1 bunch scallions, minced
- ☐ 1-pound tri-tip, sliced
- ☐ 2 tbspsn olive oil
- ☐ 3 beets, peeled and sliced thinly
- ☐ 3 tbspsn balsamic vinegar
- ☐ Salt and pepper to taste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
199	12.1g	5.3g	16.3g	4.1g	54mg

Magnificent Meatloaf Sliders

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>

10 min

10min

8

Directions:

1. Add all ingredients into the mixing bowl and mix until well combined.
2. Make the equal shape of patties from mixture and place on a plate. Place in refrigerator for 10 min.
3. Spray AirFryer basket with cooking spray.
4. Preheat the AirFryer to 360 F.
5. Place prepared patties in AirFryer basket and cook for 10 min.
6. Enjoy.

Ingredients:

- ☐ 1 lb ground beef
- ☐ 1/2 tspn dried tarragon
- ☐ 1 tspn Italian seasoning
- ☐ 1 tspn Worcestershire sauce
- ☐ 1/4 cup ketchup
- ☐ 1/4 cup coconut flour
- ☐ 1/2 cup almond flour
- ☐ 1 garlic clove, diced
- ☐ 1/4 cup onion, minced
- ☐ 2 eggs, lightly beaten
- ☐ 1/4 tspn pepper
- ☐ 1/2 tspn sea salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
163	6.4g	6.1g	19.7g	2.5g	93mg

10 min

10min

8

Directions:

1. Add all ingredients into the mixing bowl and mix until well combined.
2. Make the equal shape of patties from mixture and place on a plate. Place in refrigerator for 10 min.
3. Spray AirFryer basket with cooking spray.
4. Preheat the AirFryer to 360 F.
5. Place prepared patties in AirFryer basket and cook for 10 min.
6. Enjoy.

Ingredients:

- ☐ 1 lb ground beef
- ☐ 1/2 tspn dried tarragon
- ☐ 1 tspn Italian seasoning
- ☐ 1 tspn Worcestershire sauce
- ☐ 1/4 cup ketchup
- ☐ 1/4 cup coconut flour
- ☐ 1/2 cup almond flour
- ☐ 1 garlic clove, diced
- ☐ 1/4 cup onion, minced
- ☐ 2 eggs, lightly beaten
- ☐ 1/4 tspn pepper
- ☐ 1/2 tspn sea salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
163	6.4g	6.1g	19.7g	2.5g	93mg

Fast & Easy Steak

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
8 hours 10 min	7min	2

Directions:

1. Add steak, liquid smoke, and soy sauce in a zip-lock bag and shake well.
2. Season steak with seasonings and place in the refrigerator for overnight.
3. Place marinated steak in AirFryer basket and cook at 375 F for 5 min.
4. Turn steak to another side and cook for 2 min more.
5. Enjoy.

Ingredients:

- ☐ 12 ounces steaks
- ☐ 1/2 tspn unsweetened cocoa powder
- ☐ 1 tspn Montreal steak seasoning
- ☐ 1 tspn liquid smoke
- ☐ 1 tspn soy sauce
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
356	8.7g	1.4g	62.2g	0.2g	153mg

Excellent Cheeseburger

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	15min	2

Directions:

1. In a bowl, mix together ground beef, onion powder, pepper, and salt.
2. Make 2 equal shapes of patties from meat mixture and place in the AirFryer basket.
3. Cook patties at 370 F for 12 min. Turn patties halfway through.
4. Once AirFryer timer goes off then place cheese slices on top of each patty and close the AirFryer basket for 1 min.
5. Enjoy.

Ingredients:

- ☐ 1/2 lb ground beef
- ☐ 1/4 tspn onion powder
- ☐ 2 cheese slices
- ☐ 1/4 tspn pepper
- ☐ 1/8 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

329	16.4g	1.6g	41.6g	0.5g	131mg
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Steak Bites with Mushrooms

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	18min	3

Directions:

1. Add all ingredients into the large mixing bowl and toss well.
2. Spray AirFryer basket with cooking spray.
3. Preheat the AirFryer to 400 F.
4. Add steak mushroom mixture into the AirFryer basket and cook at 400 F for 15-18 min. Shake basket twice.
5. Enjoy.

Ingredients:

- ☐ 1 lb steaks, cut into 1/2-inch cubes
- ☐ 1/2 tspn garlic powder
- ☐ 1 tspn Worcestershire sauce
- ☐ 2 tspn butter, melted
- ☐ 8 ounces mushrooms, sliced
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
395	15.5g	4.5g	57.3g	2.7g	156mg

Easy AirFryer Steak

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	18min	2

Directions:

1. Coat steaks with oil and season with garlic powder, pepper, and salt.
2. Preheat the AirFryer to 400 F.
3. Place steaks in AirFryer basket and cook for 15-18 min. Turn halfway through.

Ingredients:

- ☐ 12 ounces steaks, 3/4-inch thick
- ☐ 1 tspn garlic powder
- ☐ 1 tspn olive oil
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

413	15.5g	3.1g	62.2g	1g	153mg
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Steak Fajitas

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	15min	6

Directions:

1. Line AirFryer basket with aluminum foil.
2. Add all ingredients large bowl and toss until well coated.
3. Transfer fajita mixture into the AirFryer basket and cook at 390 F for 5 min.
4. Toss well and cook for 5-10 min more.
5. Enjoy.

Ingredients:

- ☐ 1 lb steak, sliced
- ☐ 1 tbspn olive oil
- ☐ 1 tbspn fajita seasoning, gluten-free
- ☐ 1/2 cup onion, sliced
- ☐ 3 bell peppers, sliced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
199	6.3g	6.4g	28g	3.4g	68mg

Tasty Cheeseburgers

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	12min	4

Directions:

1. Spray AirFryer basket with cooking spray.
2. In a bowl, mix together ground beef, Italian seasoning, pepper, and salt.
3. Make 4 equal shapes of patties from meat mixture and place into the AirFryer basket.
4. Cook at 375 F for 5 min. Turn patties to another side and cook for 5 min more.
5. Place cheese slices on top of each patty and cook for 2 min more.
6. Enjoy.

Ingredients:

- ☐ 1 lb ground beef
- ☐ 4 cheddar cheese slices
- ☐ 1/2 tbspn Italian seasoning
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

324	16.4g	0.4g	41.4g	0.2g	131mg
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Great Beef Roast

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	35min	7

Directions:

1. Coat roast with olive oil.
2. Mix together thyme, garlic powder, pepper, and salt and rub all over roast.
3. Place roast into the AirFryer basket and cook at 400 F for 20 min.
4. Spray roast with cooking spray and cook for 15 min more.
5. Slice and serve.

Ingredients:

- ☐ 2 lbs beef roast
- ☐ 1 tbspn olive oil
- ☐ 1 tbspn thyme
- ☐ 2 tbspn garlic powder
- ☐ 1/4 tbspn pepper
- ☐ 1 tbspn kosher salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
268	10.1g	2.2g	39.8g	0.6g	116mg

Asian Sirloin Steaks

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
8 hours 10 min	25min	2

Directions:

1. Add steaks in a large zip-lock bag along with remaining ingredients. Shake well and place in the refrigerator for overnight.
2. Spray AirFryer basket with cooking spray.
3. Place marinated steaks in AirFryer basket and cook at 400 F for 10 min.
4. Turn steaks to another side and cook for 10-15 min more.
5. Enjoy.

Ingredients:

- ☐ 12 ounces sirloin steaks
- ☐ 1 tbspn garlic, diced
- ☐ 1 tbspn ginger, grated
- ☐ 1/2 tbspn Worcestershire sauce
- ☐ 1/2 tbspn soy sauce
- ☐ 2 tbspn erythritol
- ☐ Pepper

☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
338	10.8g	4.4g	52.4g	1g	152mg

Pretty Soft & Juicy Beef Kabobs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
8 hours 10 min	10min	4

Directions:

1. In a medium bowl, mix together soy sauce and sour cream.
2. Add beef into the bowl and coat well and place in the refrigerator for overnight.
3. Thread marinated beef, bell peppers, and onions onto the soaked wooden skewers.
4. Place in AirFryer basket and cook at 400 F for 10 min. Turn halfway through.
5. Enjoy.

Ingredients:

- ☐ 1 lb beef, cut into chunks
- ☐ 1 bell pepper, cut into 1-inch pieces
- ☐ 2 tspn soy sauce
- ☐ 1/3 cup sour cream
- ☐ 1/2 onion, cut into 1-inch pieces

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
271	11.2g	5g	36g	2.3g	110mg

Asian Flavors Beef Broccoli

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	20min	3

Directions:

1. Add all ingredients except sesame seeds into the large mixing bowl and toss well.
2. Place bowl in the refrigerator for 1 hour.
3. Add marinated steak and broccoli into the AirFryer basket and cook at 350 F for 15 min.
4. Shake basket 2-3 times while cooking.
5. Garnish with sesame seeds and serve.

Ingredients:

- ☐ 1/2 lb steak, cut into strips
- ☐ 1 tspn garlic, diced
- ☐ 1 tspn ginger, diced
- ☐ 2 tspn sesame oil
- ☐ 2 tspn soy sauce

- ☐ 4 tbspn oyster sauce
- ☐ 1 lb broccoli florets
- ☐ 1 tbspn sesame seeds, toasted

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
318	15g	14.3g	33.2g	2.9g	68mg

Juicy Rib Eye Steak

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	14min	2

Directions:

1. Coat steaks with oil and season with garlic powder, onion powder, pepper, and salt.
2. Preheat the AirFryer to 400 F.
3. Place steaks into the AirFryer basket and cook for 14 min.
4. Turn halfway through.
5. Enjoy.

Ingredients:

- ☐ 2 medium rib-eye steaks
- ☐ 1/4 tbspn garlic powder
- ☐ 1/4 tbspn onion powder
- ☐ 1 tbspn olive oil
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
247	16g	1.5g	23.3g	0.6g	75mg

Scrumptious Stuffed Peppers

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	20min	2

Directions:

1. Preheat the AirFryer to 390 F.
2. Sauté garlic and onion in the olive oil in a small pan until softened.
3. Add meat, 1/4 cup tomato sauce, Worcestershire sauce, half cheese, pepper, and salt and Stir to combine.
4. Stuff meat mixture into each pepper and top with remaining cheese and tomato sauce.
5. Spray AirFryer basket with cooking spray.
6. Place stuffed peppers into the AirFryer basket and cook for 15-20 min.
7. Enjoy.

Ingredients:

- ☐ 2 bell peppers, remove stems and seeds
- ☐ 4 ounces cheddar cheese, shredded
- ☐ 1 1/2 tspn Worcestershire sauce
- ☐ 1/2 cup tomato sauce
- ☐ 8 ounces ground beef
- ☐ 1 tspn olive oil
- ☐ 1 garlic clove, diced
- ☐ 1/2 onion, minced
- ☐ 1/2 tspn pepper
- ☐ 1/2 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
580	33.4g	19.4g	51.1g	12.3g	161mg

Italian Marvelous Sausage Meatballs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>15min</i>	<i>8</i>

Directions:

1. Add all ingredients into the large mixing bowl and mix until well combined.
2. Spray AirFryer basket with cooking spray.
3. Make meatballs from bowl mixture and place into the AirFryer basket.
4. Cook at 350 F for 15 min.
5. Enjoy.

Ingredients:

- ☐ 1 lb Italian sausage
- ☐ 1 lb ground beef
- ☐ 1/2 tspn Italian seasoning
- ☐ 1/2 tspn red pepper flakes
- ☐ 1/2 cups parmesan cheese, grated
- ☐ 2 egg, lightly beaten
- ☐ 2 tspn parsley, minced
- ☐ 2 garlic cloves, diced
- ☐ 1/4 cup onion, diced
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
331	21.8g	1.2g	30.9g	0.4g	142mg

Seductive Meatballs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>20min</i>	<i>8</i>

Directions:

1. Preheat the AirFryer to 370 F.
2. Spray AirFryer basket with cooking spray.
3. Add all ingredients into the large bowl and mix until well combined.
4. Make small balls from mixture and place into the AirFryer basket and cook for 20 min.
5. Enjoy.

Ingredients:

- 2 lbs ground beef
- 3 eggs, lightly
- 1/2 cup fresh parsley, diced
- 1 tspn cinnamon
- 2 tspn dried oregano
- 2 tspn cumin
- 1 cup almond flour
- 4 garlic cloves, diced
- 1 onion, grated
- 1 tspn pepper
- 2 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
277	11g	5.5g	38.1g	1g	163mg

Soulful Mushrooms Meatballs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	20min	2

Directions:

1. In a mixing bowl, combine together all ingredients until well combined.
2. Make small balls from meat mixture and place into the AirFryer basket.
3. Cook at 350 F for 20 min.
4. Enjoy.

Ingredients:

- 1/2 lb ground beef
- 2 tspn onion, minced
- 2 mushrooms, diced
- 1/4 tspn pepper
- 1 tspn parsley, minced
- 1/4 cup almond flour
- 1/2 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
241	8.9g	2.9g	36g	0.9g	101mg

Enjoyable Kabab

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10min	2

Directions:

1. Add all ingredients into the bowl and mix well combined.
2. Divide mixture into the 2 equal portions and give it to kabab shape.
3. Place kababs into the AirFryer basket and cook at 370 F for 10 min.
4. Enjoy.

Ingredients:

- ☐ 1/2 lb ground beef
- ☐ 1 tbspn parsley, minced
- ☐ 1/2 tbspn olive oil
- ☐ 1/2 tbspn kabab spice mix
- ☐ 1/2 tbspn garlic, diced
- ☐ 1/2 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
248	10.7g	1.3g	34.7g	0g	101mg

Exciting Beef Satay

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
1 hour 10 min	8min	2

Directions:

1. Add all ingredients into the zip-lock bag and shake well. Place into the fridge for 1 hour.
2. Add marinated meat into the AirFryer basket and cook at 400 F for 8 min. Turn halfway through.
3. Enjoy.

Ingredients:

- ☐ 1 lb beef flank steak, sliced into long strips
- ☐ 1 tbspn hot sauce
- ☐ 1 tbspn Swerve
- ☐ 1 tbspn garlic, diced
- ☐ 1 tbspn ginger, diced
- ☐ 1 tbspn soy sauce
- ☐ 1/2 cup cilantro, minced
- ☐ 1 tbspn ground coriander
- ☐ 1 tbspn fish sauce
- ☐ 2 tbspn olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
562	33.2g	5.8g	62.5g	0.9g	161mg

Scrummy Meatloaf

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>15min</i>	<i>2</i>

Directions:

1. In a large bowl, mix together all the ingredients until well combined.
2. Place meat mixture into silicon meatloaf pan and place in the AirFryer basket.
3. Cook at 360 F for 15 min.
4. Slice and serve.

Ingredients:

- ☐ 1 egg, lightly beaten
- ☐ 1/2 lb ground beef
- ☐ 1/2 tspn cayenne
- ☐ 1/2 tspn turmeric
- ☐ 1 tspn garam masala
- ☐ 1/2 tspn garlic, diced
- ☐ 1/2 tspn ginger, diced
- ☐ 1 tspn cilantro, minced
- ☐ 1/2 cup onion, minced
- ☐ 1/8 tspn ground cardamom
- ☐ 1/4 tspn ground cinnamon
- ☐ 1/2 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
275	9.8g	7.3g	38.2g	1.7g	183mg

Glorious Meatloaf

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>25min</i>	<i>2</i>

Directions:

1. Preheat the Air Fryer to 400 F.
2. In a large bowl, mix together all ingredients until well combined.
3. Transfer meat mixture into the small silicon loaf pan.
4. Place pan into the Air Fryer and cook for 25 min.
5. Slice and serve.

Ingredients:

- ☐ 1/2 lb ground beef
- ☐ 1 tspn chorizo, minced
- ☐ 1/2 tspn almond flour
- ☐ 1 egg, lightly beaten
- ☐ 2 mushroom, sliced
- ☐ 1/2 tspn fresh thyme

- ☐ 1/2 small onion, minced
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
327	15.6g	4.5g	41.2g	1.5g	189mg

Great Garlic Butter Steak

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	6min	2

Directions:

- Season steaks with Italian seasoning, pepper, and salt.
- Rub steaks with garlic butter and place into the AirFryer basket and cook at 350 F for 6 min.

Ingredients:

- ☐ 2 steaks
- ☐ 2 tbspn garlic butter
- ☐ 1/4 tbspn Italian seasoning
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
355	17.1g	0.2g	47.2g	0.2g	139mg

Unbelievable Beef Patties

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10min	2

Directions:

- Spray AirFryer basket with cooking spray.
- Add all ingredients into the large bowl and mix until well combined.
- Make small patties from mixture and place into the AirFryer basket.
- Cook at 350 F for 10 min.

Ingredients:

- ☐ 1/2 lb ground beef
- ☐ 1/4 tbspn garlic powder
- ☐ 2 drops liquid smoke
- ☐ 1/2 tbspn hot sauce
- ☐ 1/2 tbspn Worcestershire sauce
- ☐ 1/2 tbspn dried parsley
- ☐ 1/4 tbspn pepper

- 1/4 tspn onion powder
- 1/4 tspn cayenne
- 1/2 tspn chili powder
- 1/4 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
232	7.6g	4.2g	35.1g	1.6g	101mg

Magical Sirloin Steaks

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>1 hour 10 min</i>	<i>15min</i>	<i>4</i>

Directions:

1. Add all ingredients except steak into the blender and blend until smooth.
2. Place meat into the bowl and pour the blended mixture over meat and coat well.
3. Place in refrigerator for 1 hour.
4. Place marinated meat into the AirFryer and cook for 15 min at 330 F. Turn meat halfway through.

Ingredients:

- 1 lb lamb sirloin steaks, boneless
- 1 tspn garam masala
- 4 garlic cloves
- 3/4 tspn ginger
- 1/2 onion
- 1 tspn cayenne
- 1/2 tspn ground cardamom
- 1 tspn ground cinnamon
- 1 tspn ground fennel
- 1 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
261	11g	6.4g	33.2g	0.8g	104mg

Fabulous Steak with Cheese Butter

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>8min</i>	<i>2</i>

Directions:

1. Preheat the AirFryer to 400 F.
2. Mix together garlic powder, pepper, and salt and rub over the steaks.
3. Spray AirFryer basket with cooking spray.
4. Place steak in the AirFryer basket and cook for 4-5 min on each side.
5. Top with blue butter cheese.

Ingredients:

- 2 rib-eye steaks
- 2 tbspn garlic powder
- 2 1/2 tbspn blue cheese butter
- 1 tbspn pepper
- 2 tbspn kosher salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
346	25.2g	8.2g	21.8g	2.1g	75mg

Fantastic Burger

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
1 hour 10 min	10min	2

Directions:

1. In a large bowl, mix together all ingredients until well combined. Place in refrigerator for 1 hour.
2. Make patties from beef mixture and place into the AirFryer basket.
3. Cook at 360 F for 10 min.
4. Enjoy.

Ingredients:

- 1/2 lb ground beef
- 1 tbspn swerve
- 1 tbspn ginger, diced
- 1/2 tbspn soy sauce
- 1 tbspn gochujang
- 1 tbspn green onion, minced
- 1/2 tbspn sesame oil
- 1/4 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
267	10.6g	5.9g	35.2g	1.7g	101mg

Dreamy Montreal Steak

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	7min	2

Directions:

1. Add steak, liquid smoke, soy sauce, and steak seasonings into the large zip-lock bag. Coat well and place in the refrigerator for overnight.
2. Spray AirFryer basket with cooking spray.
3. Place marinated steaks into the AirFryer
4. Cook at 375 F for 7 min. Turn after 5 min to another side.

Ingredients:

- ☐ 12 ounces steak
- ☐ 1/2 tspn liquid smoke
- ☐ 1 tspn soy sauce
- ☐ 1/2 tspn cocoa powder
- ☐ 1 tspn Montreal steak seasoning
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
356	8.7g	1.4g	62.2g	0.2g	153mg

SavoryJuicy & Tender Steak

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>12min</i>	<i>2</i>

Directions:

1. In a bowl, mix together butter, Worcestershire sauce, garlic, parsley, and salt and place in the refrigerator.
2. Preheat the AirFryer to 400 F.
3. Season steak with pepper and salt.
4. Place seasoned steak in the AirFryer and cook for 12 min. Turn halfway through.
5. Remove steak from AirFryer and top with butter mixture.

Ingredients:

- ☐ 2 rib-eye steak
- ☐ 3 tspn fresh parsley, minced
- ☐ 1 stick butter, softened
- ☐ 1/2 tspn Worcestershire sauce
- ☐ 3 garlic cloves, diced
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
598	54.9g	2.7g	24g	0.9g	196mg

Rosemary Beef Roast

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>45min</i>	<i>6</i>

Directions:

1. Preheat the AirFryer to 360 F.
2. Mix together oil, rosemary, thyme, pepper, and salt and rub over the meat.

3. Place meat in the AirFryer and cook for 45 min.

Ingredients:

- 2 lbs beef roast
- 1 tbspn olive oil
- 1 tbspn rosemary
- 1 tbspn thyme
- 1/4 tbspn pepper
- 1 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
305	11.9g	0.8g	46g	0g	135mg

Enchanting Beef Broccoli

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>10min</i>	<i>4</i>

Directions:

1. Spray AirFryer basket with cooking spray.
2. Add all ingredients except broccoli into the large bowl and toss well.
3. Add bowl mixture into the AirFryer basket and cook at 360 F for 10 min.
4. Serve with broccoli and enjoy.

Ingredients:

- 1 lb round beef cubes
- 1/2 medium onion, diced
- 1 tbspn Worcestershire sauce
- 1/2 lb broccoli florets, steamed
- 1 tbspn olive oil
- 1 tbspn onion powder
- 1 tbspn garlic powder
- Pepper
- Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
232	9.8g	8.7g	27.4g	3.4g	75mg

Adorable Air Fried Steak

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>10min</i>	<i>2</i>

Directions:

1. Preheat the AirFryer to 350 F.
2. Coat steak with olive oil and season with steak seasoning, pepper, and salt.
3. Spray AirFryer basket with cooking spray and place steak in the AirFryer basket.
4. Cook for 10 min. Turn halfway through.
5. Slice and serve.

Ingredients:

- ☐ 2 sirloin steaks
- ☐ 2 tbspn olive oil
- ☐ 2 tbspn steak seasoning
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
278	19.3g	0g	25.8g	0g	76mg

Charming Kabab

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
1 hour 10 min	10min	4

Directions:

1. Add all ingredients into the bowl and mix until combined. Place in the fridge for 1 hour.
2. Divide meat mixture into 4 sections and wrap around 4 soaked wooden skewers.
3. Spray AirFryer basket with cooking spray.
4. Place kabab into the AirFryer and cook at 370 F for 10 min.

Ingredients:

- ☐ 1 lb ground beef
- ☐ 1/4 cup fresh parsley, minced
- ☐ 1 tbspn olive oil
- ☐ 2 tbspn kabab spice mix
- ☐ 1 tbspn garlic, diced
- ☐ 1 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
251	10.9g	1.9g	34.9g	0.1g	101mg

YummyBroccoli Beef

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
1 hour 10 min	12min	5

Directions:

1. In a small bowl, combine together oyster sauce, stevia, soy sauce, sherry, arrowroot, and sesame oil.

2. Add broccoli and meat in a large bowl.
3. Pour oyster sauce mixture over meat and broccoli and toss well. Place in the fridge for 1 hour .
4. Add marinated meat broccoli to the AirFryer basket. Drizzle with olive oil and sprinkle with ginger and garlic.
5. Cook at 360 F for 12 min.

Ingredients:

- ☐ 1 lb round steak, cut into strips
- ☐ 1 lb broccoli florets
- ☐ 5 drops liquid stevia
- ☐ 1 tbspn soy sauce
- ☐ 1/3 cup sherry
- ☐ 2 tbspn sesame oil
- ☐ 1/3 cup oyster sauce
- ☐ 1 garlic clove, diced
- ☐ 1 tbspn ginger, sliced
- ☐ 1 tbspn arrowroot powder
- ☐ 1 tbspn olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
318	4.5g	9.3g	30.3g	1.6g	77mg

Pretty Spiced Steak

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>30 min</i>	<i>9min</i>	<i>3</i>

Directions:

1. In a small bowl, mix together all ingredients except steak.
2. Rub spice mixture over the steak and let marinate the steak for 20 min.
3. Spray AirFryer basket with cooking spray.
4. Preheat the AirFryer to 390 F.
5. Place marinated steak in the AirFryer and cook for 9 min.

Ingredients:

- ☐ 1 lb rib eye steak
- ☐ 1/2 tbspn chipotle powder
- ☐ 1/4 tbspn paprika
- ☐ 1/4 tbspn onion powder
- ☐ 1/2 tbspn garlic powder
- ☐ 1 tbspn chili powder
- ☐ 1/4 tbspn black pepper
- ☐ 1 tbspn coffee powder
- ☐ 1/8 tbspn cocoa powder
- ☐ 1/8 tbspn coriander powder
- ☐ 1/2 tbspn sea salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
432	34g	3.4g	27.5g	0.8g	100mg

Appetizing Burger Patties

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	45min	4

Directions:

1. Add all ingredients into the large bowl and mix until combined.
2. Spray AirFryer basket with cooking spray.
3. Make patties from meat mixture and place into the AirFryer basket.
4. Cook at 390 F for 25 min then turn patties to another side and cook at 350 F for 20 min more.

Ingredients:

- ☐ 10 ounces ground beef
- ☐ 1 tbspn dried basil
- ☐ 1 tbspn mustard
- ☐ 1 tbspn tomato paste
- ☐ 1 ounce's cheddar cheese
- ☐ 1 tbspn mixed herbs
- ☐ 1 tbspn garlic puree
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
193	9.1g	2.5g	24.3g	0.7g	71mg

Wonderful Asian Beef

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	25min	4

Directions:

1. Spray AirFryer basket with cooking spray.
2. Toss beef and xanthan gum together.
3. Add beef into the AirFryer basket and cook at 390F for 20 min.
4. Toss halfway through.
5. Meanwhile, in a saucepan add remaining ingredients except for green onion and heat over low heat.
6. When sauce begins to boiling then remove from heat.
7. Add cooked meat into the saucepan and stir to coat. Let sit in for 5 min.
8. Garnish with green onion and serve.

Ingredients:

- 1 lb beef tips, sliced
- 1/4 cup green onion, minced
- 2 tbspn garlic, diced
- 2 tbspn sesame oil
- 1 tbspn fish sauce
- 2 tbspn coconut aminos
- 1 tbspn xanthan gum
- 2 red chili peppers, sliced
- 2 tbspn water
- 1 tbspn ginger, sliced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
189	9.6g	19.1g	12.4g	1.9g	17mg

Ingredients:

- 1 lb beef tips, sliced
- 1/4 cup green onion, minced
- 2 tbspn garlic, diced
- 2 tbspn sesame oil
- 1 tbspn fish sauce
- 2 tbspn coconut aminos
- 1 tbspn xanthan gum
- 2 red chili peppers, sliced
- 2 tbspn water
- 1 tbspn ginger, sliced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
189	9.6g	19.1g	12.4g	1.9g	17mg

Lamb

Flavourful Herbed Lamb Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>1 hour 10 min</i>	<i>13min</i>	<i>6</i>

Directions:

1. Prepare the marinade and for this, place all its Ingredients in a bowl and whisk until combined.
2. Pour the marinade in a large plastic bag, add lamb chops in it, seal the bag, then turn it upside down to coat lamb chops with the marinade and let it marinate in the refrigerator for a minimum of 1 hour.
3. Then switch on the AirFryer, insert fryer basket, grease it with olive oil, then shut with its lid, set the fryer at 390 degrees f, and preheat for 5 min.
4. Meanwhile, Open the fryer, add marinated lamb chops in it, close with its lid and cook for 8 min until nicely golden and toasted, turning the lamb chops halfway through the frying.
5. When AirFryer beeps, open its lid, transfer lamb chops onto a serving plate.

Ingredients:

- 1-pound lamb chops, pastured
- For the marinade:
- 2tbspn lemon juice
- 1tspn dried rosemary
- 1tspn salt
- 1tspn dried thyme
- 1tspn coriander
- 1tspn dried oregano
- 2tbspn olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
184	10.3g	0.5g	21.3g	0.1g	68mg

Savory Lamb Sirloin Steak

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>40 min</i>	<i>20min</i>	<i>4</i>

Directions:

1. Make cuts in the lamb chops by using a knife, then place them in a large bowl and add prepared marinade in it.
2. Mix well until lamb chops are coated with the marinade and let them marinate in the refrigerator for a minimum of 30 min.
3. Then switch on the AirFryer, insert fryer basket, grease it with olive oil, then shut with its lid, set the fryer at 330 degrees f, and preheat for 5 min.
4. Open the fryer, add lamb chops in it, close with its lid and cook for 15 min until nicely golden and toasted, flipping the steaks halfway through the frying.

- When AirFryer beeps, open its lid, transfer lamb steaks onto a serving plate and serve.

Ingredients:

- 1-pound lamb sirloin steaks, pastured, boneless
- For the marinade:
- ½ of white onion, peeled
- 1tspn ground fennel
- Five cloves of garlic, peeled
- 4 slices of ginger
- 1tspn salt
- 1/2 tspn ground cardamom
- 1tspn garam masala
- 1tspn ground cinnamon
- 1tspn cayenne pepper

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
255	10.7g	4.9g	32.9g	0.9g	104mg

Charming Garlic Rosemary Lamb Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>1 hour 10 min</i>	<i>12min</i>	<i>4</i>

Directions:

- Take the fryer pan, place lamb chops in it, season the top with ½ tspn black pepper and ¾ tspn salt, then drizzle evenly with oil and spread with 1tspndicedgarlic.
- Add garlic cloves and rosemary and then let the lamb chops marinate in the pan into the refrigerator for a minimum of 1 hour.
- Then switch on the AirFryer, insert fryer pan, then shut with its lid, set the fryer at 360 degrees f, and cook for 6 min.
- Flip the lamb chops, season them with remaining salt and black pepper, add remaining dicedgarlic, and continue cooking for 6 min or until lamb chops are cooked.
- When AirFryer beeps, open its lid, transfer lamb chops onto a serving plate and serve.

Ingredients:

- 4 lamb chops, pastured
- 1tspn ground black pepper
- 2tspns dicedgarlic
- 1 ½ tspn salt
- 2tspns olive oil
- 4 cloves of garlic, peeled
- 4 rosemary sprigs

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
279	19.6g	3.9g	21.5g	0g	82mg

Dreamy Lamb Curry

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>35min</i>	<i>4</i>

Directions:

1. Add oil into the AirFryer and set the pot on sauté mode.
2. Add bay leaves and onion to the pot and sauté until softened.
3. Add ginger-garlic paste, meat, and all spices and Stir.
4. Add remaining ingredients and Stir.
5. Seal fryer with lid and cook on manual high pressure for 5 min.
6. Once d1, then allow to extrication pressure naturally then open the lid.
7. Stir and serve.

Ingredients:

- 1/2 lbs lamb chunks
- 1/2 tbspn ginger garlic paste
- 1/4 cups can tomato, minced
- 1/4 tbspn fennel powder
- 1/2 tbspn coriander powder
- 2 bay leaves
- 2 onion, minced
- 1 tbspn olive oil
- 1 tbspn garam masala
- 1 tbspn chili powder
- 1/2 tbspn cumin powder
- Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
318	23g	13.7g	15.3g	5.5g	55mg

Fabulous Herb Seasoned Lamb

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>40min</i>	<i>4</i>

Directions:

1. Season meat with pepper and salt.
2. Add oil into the AirFryer and set the container on sauté mode.
3. Add meat to the pot and sauté until browned.
4. Add garlic and sauté for 30 seconds.
5. Add wine and Stir.
6. Add remaining ingredients and Stir.
7. Seal fryer with lid and cook on manual high pressure for 15 min.
8. Once d1, then allow to extrication pressure naturally then open the lid.
9. Enjoy.

Ingredients:

- ☐ 2 lbs. lamb, boneless and cut into chunks
- ☐ 1 tbspn rosemary, minced
- ☐ 2 carrots, minced
- ☐ 1 large onion, minced
- ☐ 1 cup red wine
- ☐ 2 garlic cloves, sliced
- ☐ 1 tbspn olive oil
- ☐ 2 tbspn tomato paste
- ☐ 1/2 cup chicken stock
- ☐ 1/2 tbspn oregano, minced
- ☐ 2 tbspn thyme, minced
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
547	20.6g	12g	65.2g	4.7g	204mg

Delightful Lamb Korma

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>20min</i>	<i>4</i>

Directions:

1. Put some oil into the AirFryer and set the container on sauté mode.
2. Add ginger-garlic paste and cook for a 1 min.
3. Add 1/4 cup water, tomato paste, and all spices. Stir.
4. Add coconut milk, remaining water, and meat. Stir.
5. Seal fryer with lid and cook on manual high pressure for 15 min.
6. Once d1, then allow to extrication pressure naturally then open the lid.
7. Stir in lime juice.
8. Garnish with cilantro and serve.

Ingredients:

- ☐ 1 lb lamb leg, cut into pieces
- ☐ 1/2 tbspn fresh lime juice
- ☐ 2 tbspn cilantro, minced
- ☐ 1/4 tbspn cardamom powder
- ☐ 1 tbspn paprika
- ☐ 1/2 tbspn cayenne pepper
- ☐ 1/2 tbspn turmeric
- ☐ 1 1/2 tbspn garam masala
- ☐ 3/4 cup water
- ☐ 1/2 cup coconut milk
- ☐ 2 tbspn tomato paste
- ☐ 2 tbspn ginger garlic paste
- ☐ 1 onion, minced

- ☐ 1 tbspn olive oil
- ☐ 1 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
346	19.2g	9.9g	34.3g	3.5g	99mg

Tasty & Spicy Lamb

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	30 min	4

Directions:

1. Set AirFryer on sauté mode.
2. Season meat with pepper and salt and place into the pot.
3. Cook meat for 5 min.
4. Add remaining ingredients and Stir.
5. Seal fryer with lid and cook on manual high pressure for 15 min.
6. Once d1, then allow to extrication pressure naturally for 10 min then extrication using the quick-extrication method. Open the lid.

Ingredients:

- ☐ 1 lb. lamb, cut into pieces
- ☐ 2 tbspn lemon juice
- ☐ 1/2 cup fresh cilantro, minced
- ☐ 2 onions, minced
- ☐ 2 cups chicken stock
- ☐ 1 cup of coconut milk
- ☐ 3 tbspn butter
- ☐ 1 cup grape tomatoes, minced
- ☐ 1/2 tbspn cumin powder
- ☐ 1 1/2 tbspn turmeric
- ☐ 2 tbspn garam masala
- ☐ 2 1/2 tbspn chili powder
- ☐ 2 tbspn apple cider
- ☐ 1 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
493	33g	16.3g	35.7g	7.3g	125mg

Adorable Lamb Stew

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	35min	3

Directions:

1. Add oil into the AirFryer and set the container on sauté mode.
2. Add garlic and meat and sauté for a 1 min.
3. Season with thyme, oregano, chili powder, and salt.
4. Stir everything well and cook for 5 min.
5. Add zucchini and cook for 3-4 min.
6. Add cabbage, chili pepper, and stock. Stir.
7. Seal fryer with lid and cook on manual high pressure for 12 min.
8. Once d1, then allow to extrication pressure naturally for 10 min then extrication using the quick-extrication method. Open the lid.
9. Stir and serve.

Ingredients:

- ☐ 1 lb. lamb loin, cut into pieces
- ☐ 2 cups chicken stock
- ☐ 1 chili pepper, minced
- ☐ 1 cup cabbage, shredded
- ☐ 1 zucchini, sliced
- ☐ 1/2 tspn dried thyme
- ☐ 1 tspn oregano
- ☐ ½ tspn chili powder
- ☐ 3 tspn olive oil
- ☐ 2 garlic cloves, crushed
- ☐ 1 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
462	29.7g	6.9g	42.3g	2.6g	132mg

Exquisite Lamb Shanks

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>35min</i>	<i>4</i>

Directions:

1. Put all ingredients into the instant fryer and Stir.
2. Seal fryer with lid and cook on manual high pressure for 25 min.
3. Once d1, then allow to extrication pressure naturally for 10 min then extrication using the quick-extrication method. Open the lid.
4. Enjoy.

Ingredients:

- ☐ 4 lamb shanks
- ☐ 3 garlic cloves
- ☐ 1 small onion, minced
- ☐ 1/4 cup apple cider vinegar
- ☐ 3 tspn olive oil
- ☐ 3 cups chicken broth
- ☐ 7 ounces mushrooms, sliced
- ☐ 1/2 tspn dried rosemary
- ☐ 1 tomato, minced

- ☐ 1/4 cup leeks, minced
- ☐ 2 celery stalks, minced
- ☐ 2 tbspn sea salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
552	30.8g	25.7g	38.8g	8.9g	114mg

Mustard Lamb Loin Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	15 min	4

Directions:

1. Preheat the AirFryer to 390 o F and grease an AirFryer basket.
2. Mix the mustard, lemon juice, oil, tarragon, salt, and black pepper in a large bowl.
3. Coat the chops generously with the mustard mixture and arrange in the AirFryer basket.
4. Cook for about 15 min, flipping once in between and dish out to serve hot.

Ingredients:

- ☐ 4-ounces lamb loin chops
- ☐ 2tbspns Dijon mustard
- ☐ 1tbspn fresh lemon juice
- ☐ ½ tspn olive oil
- ☐ 1tspn dried tarragon
- ☐ Salt and black pepper

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
223	9.3g	0.6g	32.2g	0.2g	102mg

Marvelous Asian Lamb Curry

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	20min	4

Directions:

1. Add oil into the AirFryer and set the container on sauté mode.
2. Add bay leaves and onion to the pot and cook for 5 min.
3. Add ginger-garlic paste, meat, and all spices and Stir.
4. Put together the remaining ingredients and Stir to combine.
5. Cook on manual high pressure for 5 min seal pot with a lid and.
6. Once d1, then allow to extrication pressure naturally for 10 min then extrication using the quick-extrication method. Open the lid.
7. Stir and serve.

Ingredients:

- ☐ 1/2 lbs. lamb chunks
- ☐ 2 tbspn ginger garlic paste
- ☐ 1 1/2 cups can tomato, minced
- ☐ 1/2 tbspn fennel powder
- ☐ 1/2 tbspn coriander powder
- ☐ 1/2 tbspn garam masala
- ☐ 1 tbspn chili powder
- ☐ 2 bay leaves
- ☐ 2 onion, minced
- ☐ 1 tbspn oil
- ☐ 3/4 tbspn cumin powder
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
253	16g	12g	16.4g	2.5g	55mg

Soulful Indian Lamb Curry

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>21 min</i>	<i>6</i>

Directions:

1. Season meat with pepper and salt.
2. Add oil into the AirFryer and set the container on sauté mode.
3. Add garlic and onion to the pot and sauté for 3-4 min.
4. Add curry paste and coconut cream and cook for 4-5 min.
5. Add meat, fish sauce, soy sauce, broth, and coconut milk. Stir.
6. Cook on manual high pressure for 8 min on the fryer.
7. Once d1, then extrication pressure using the quick-extrication method than open the lid.
8. Add lime juice and green beans and cook on sauté mode for 4 min.
9. Garnish with cilantro and serve.

Ingredients:

- ☐ 2 lbs lamb meat, b1-in
- ☐ 2 1/2 tbspn green curry paste
- ☐ 1/2 cup coconut cream
- ☐ 1/4 cup cilantro, minced
- ☐ 1/2 tbspn lime juice
- ☐ 6 ounces green beans, minced
- ☐ 1/2 tbspn soy sauce
- ☐ 1/2 tbspn fish sauce
- ☐ 2 garlic cloves, crushed
- ☐ 1/2 cup chicken broth
- ☐ 4.5 ounces coconut milk
- ☐ 1 small onion, diced
- ☐ 1 tbspn olive oil
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
504	32.9g	20g	30.2g	14.5g	107mg

Simple Rogan Josh

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>2 hour s 10 min</i>	<i>30min</i>	<i>4</i>

Direction`s:

1. Add all ingredients into the bowl and Stir.
2. Place bowl in the refrigerator for 2 hours.
3. Add marinated meat with marinade into the AirFryer.
4. Seal fryer with lid and cook on manual high pressure for 20 min.
5. Once d1, then allow to extrication pressure naturally for 10 min then extrication using the quick-extrication method. Open the lid.
6. Enjoy.

Ingredients:

- ☐ 1 lb. leg of lamb, cut into cubes
- ☐ 2 garlic cloves, diced
- ☐ 1/4 tspn ground cinnamon
- ☐ 1 small onion, diced
- ☐ 1 tspn tomato paste
- ☐ 1/2 cup yogurt
- ☐ 1/4 cup water
- ☐ 1/2 tspn turmeric
- ☐ 1 tspn paprika
- ☐ 2 tspn garam masala
- ☐ 1/4 cup cilantro, minced
- ☐ 1/2 tspn cayenne pepper
- ☐ 2 tspn ginger, diced
- ☐ 1 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
266	9.3g	9.2g	34.8g	3.8g	104mg

Delish Cheesy Lamb Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>18min</i>	<i>3</i>

Directions:

1. Season lamb chops with chili, garlic powder, and salt.
2. Place lamb chops into the AirFryer and cook for 4 minutes on each side.
3. Remove lamb chops from pot and place on a plate.
4. Pour water to the pot then place a trivet in the bowl.

5. Place lamb chops on the trivet.
6. Seal fryer with lid and cook on manual high pressure for 10 minutes.
7. Once d1, then extrication pressure using the quick-extrication method than open the lid.
8. Enjoy.

Ingredients:

- ☐ 3 lamb chops
- ☐ 1/2 tspn garlic powder
- ☐ 1 tspn olive oil
- ☐ 3/4 cup parmesan cheese
- ☐ 1/4 tspn dried basil, crushed
- ☐ 1 cup of water
- ☐ 1/4 tspn dried oregano, crushed
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
249	14g	1.8g	28.7g	0.4g	87mg

Thoothsome Garlicky Lamb

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	19min	6

Directions:

1. Add oil into the AirFryer and set the container on sauté mode.
2. Add meat to the pot and cook for 5 min.
3. Put the ginger and garlic and cook for 1-2 min.
4. Add remaining ingredients and Stir.
5. Seal fryer with lid and cook on manual high for 12 min.
6. Once d1, then extrication pressure using the quick-extrication method than open the lid.
7. Enjoy.

Ingredients:

- ☐ 2 lbs. lamb steak, cut into strips
- ☐ 1 tspn olive oil
- ☐ 1/2 scallions, minced
- ☐ 3 tspn water
- ☐ 2 tspn arrowroot
- ☐ 1/2 cup soy sauce, low-sodium
- ☐ 1/2 cup water
- ☐ 4 garlic cloves, diced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

318	13.4g	2.7g	44.1g	0.4g	136mg
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Cute Pesto Coated Rack of Lamb

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	15min	4

Directions:

1. Preheat the AirFryer to 375 degrees F and grease an AirFryer basket.
2. Put the mint, garlic, oil, honey, salt, and black pepper in a blender and pulse until smooth to make pesto.
3. Coat the rack of lamb with this pesto on both sides and arrange in the AirFryer basket.
4. Cook for about 15 min and cut the rack into individual chops to serve.

Ingredients:

- ☐ ½ bunch fresh mint
- ☐ 1½-pound sack of lamb
- ☐ 1 garlic clove
- ☐ ¼ cup extra-virgin olive oil
- ☐ ½ tbspn honey
- ☐ Salt and black pepper, to taste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
462	29.2g	2.7g	45.4g	2.2g	148mg

Spicy Cumin Lamb

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10min	4

Directions:

1. In a small bowl, mix together cumin and cayenne.
2. Rub meat with cumin mixture and place in a large bowl.
3. Add oil, soy sauce, garlic, chili peppers, stevia, and salt over the meat. Coat well and place in the refrigerator for overnight.
4. Add marinated meat to the AirFryer and cook at 360 F for 10 min.
5. Enjoy.

Ingredients:

- ☐ 1 lb lamb, cut into 2-inch pieces
- ☐ 1/4 tbspn liquid stevia
- ☐ 2 tbspn olive oil
- ☐ 1/2 tbspn cayenne
- ☐ 2 tbspn ground cumin
- ☐ 2 red chili peppers, minced

- ☐ 1 tbspn garlic, diced
- ☐ 1 tbspn soy sauce
- ☐ 1 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
290	16.1g	2.9g	32.9g	0.3g	102mg

Unbelievable Spiced Lamb Steaks

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
24 hour s 15 min	15min	3

Directions:

1. Preheat the AirFryer to 330 F and grease an AirFryer basket.
2. Put the onion, garlic, ginger, and spices in a blender and pulse until smooth.
3. Coat the lamb steaks with this mixture on both sides and refrigerate to marinate for about 24 hours.
4. Arrange the lamb steaks in the AirFryer basket and cook for about 15 min, flipping once in between.
5. Dish out the steaks in a platter and serve warm.

Ingredients:

- ☐ ½ onion, roughly minced
- ☐ 1½ pounds boneless lamb sirloin steaks
- ☐ Five garlic cloves, peeled
- ☐ 1tbspn fresh ginger, peeled
- ☐ 1tspn garam masala
- ☐ 1tspn ground fennel
- ☐ ½ tspn ground cumin
- ☐ ½ tspn ground cinnamon
- ☐ ½ tspn cayenne pepper
- ☐ Salt and black pepper, to taste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
489	21.2g	5.6g	65.2g	0.9g	209mg

Pretty Leg of Lamb

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
20 min	30 min	6

Directions:

1. Preheat the AirFryer to 300 F and grease an AirFryer basket.
2. Make slits in the leg of lamb with a sharp knife.
3. Mix 2 tbspsn of oil, herbs, garlic, salt, and black pepper in a bowl.
4. Coat the leg of lamb with oil mixture generously and arrange it in the AirFryer basket.

5. Cook for about 15 min and set the AirFryer to 390 o F.
6. Coat the Brussels sprout evenly with the remaining oil and honey and arrange them in the AirFryer basket with the leg of lamb.
7. Cook for about 15 min and dish out to serve warm.

Ingredients:

- ☐ 2¼ pounds leg of lamb
- ☐ 1tbspn fresh rosemary, diced
- ☐ 1tbspn fresh lemon thyme
- ☐ 1½ pounds Brussels sprouts, trimmed
- ☐ 3tbspns olive oil, divided
- ☐ 1 garlic clove, diced
- ☐ Salt and ground black pepper, as required
- ☐ 2tbspns honey

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
462	21.1g	17.1g	51.9g	8.5g	153mg

Gorgeous Lamb Kebabs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>20 min</i>	<i>8 min</i>	<i>6</i>

Directions:

1. Preheat the AirFryer to 355 F and grease an AirFryer basket.
2. Mix lamb, pistachios, eggs, juice, chili flakes, flour, cumin seeds, fennel seeds, coriander seeds, mint, parsley, salt, and black pepper in an exceedingly large bowl.
3. Thread the lamb mixture onto metal skewers to form sausages and coat with olive oil.
4. Place the skewers in the AirFryer basket and cook for about 8 min.
5. Dish out in a platter and serve hot.

Ingredients:

- ☐ 4 eggs, beaten
- ☐ 1 cup pistachios, minced
- ☐ 1 pound ground lamb
- ☐ 4tbspns plain flour
- ☐ 4tbspns flat-leaf parsley, minced
- ☐ 2tspns chili flakes
- ☐ 4 garlic cloves, diced
- ☐ 2tbspns fresh lemon juice
- ☐ 2tspns cumin seeds
- ☐ 1tspn fennel seeds
- ☐ 2tspns dried mint
- ☐ 2tspns salt
- ☐ Olive oil
- ☐ 1tspn coriander seeds
- ☐ 1tspn freshly ground black pepper



Calories	Fat	Carbs	Protein	Sugar	Cholesterol
285	15.8g	8.6g	28g	1.1g	177mg

Wonderful Garlic-Rosemary Lamb BBQ

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>3 hours 15 min</i>	<i>12 min</i>	<i>2</i>

Directions:

1. In a shallow dish, mix well all ingredients and marinate for 3 hours.
2. Thread lamb pieces in skewers. Place on skewer rack in the AirFryer.
3. For 12 min, cook on 390F. Halfway through Time to cook, turnover skewers. If needed, cook in batches.
4. Enjoy.

Ingredients:

- ☐ 1-lb cubed lamb leg
- ☐ juice of 1 lemon
- ☐ fresh rosemary
- ☐ 3 smashed garlic cloves
- ☐ salt and pepper
- ☐ 1/2 cup olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
633	40.4g	1.8g	64.2g	0.1g	197mg

Appetizing Lamb Patties

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>20min</i>	<i>4</i>

Directions:

1. Preheat the AirFryer to 375 F.
2. Add all ingredients into the bowl and mix until well combined.
3. Spray AirFryer basket with cooking spray.
4. Make the equal shape of patties from meat mixture and place into the AirFryer basket.
5. Cook lamb patties for 10 min then turn to another side and cook for 10 min more.
6. Enjoy.

Ingredients:

- ☐ 1 1/2 lbs ground lamb
- ☐ 1/3 cup feta cheese, crumbled
- ☐ 1 tbspn oregano
- ☐ 1/4 tbspn pepper
- ☐ 1/2 tbspn salt

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Calories	Fat	Carbs	Protein	Sugar	Cholesterol
354	15.3g	1.5g	49.7g	0.6g	164mg

Enjoyable Lemon Mustard Lamb Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>15min</i>	<i>8</i>

Directions:

1. Preheat the AirFryer to 390 F.
2. In a small bowl, mix together mustard, lemon juice, tarragon, and olive oil.
3. Brush mustard mixture over lamb chops.
4. Place lamb chops in AirFryer basket and cook for 15 min. Turn halfway through.
5. Enjoy.

Ingredients:

- ☐ 8 lamb chops
- ☐ 1 tbspn lemon juice
- ☐ 1 tbspn tarragon
- ☐ 1/2 tbspn olive oil
- ☐ 2 tbspn Dijon mustard
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
248	10.4g	0.4g	36g	0.1g	115mg

Lovely Lamb Meatballs

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>14min</i>	<i>8</i>

Directions:

1. Preheat the AirFryer to 400 F.
2. Spray AirFryer basket with cooking spray.
3. Add all ingredients into the large bowl and mix until well combined.
4. Make small balls from meat mixture and place into the AirFryer basket and cook for 14 min. Shake basket twice while cooking.
5. Enjoy.

Ingredients:

- ☐ 1 egg, lightly beaten
- ☐ 1 lb ground lamb
- ☐ ¼ tbspn bay leaf, crushed
- ☐ 1 tbspn ground coriander

- ☐ ¼ tspn cayenne pepper
- ☐ ¼ tspn turmeric
- ☐ 1 onion, minced
- ☐ 2 garlic cloves, diced
- ☐ ¼ tspn pepper
- ☐ 1 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
122	4.8g	2g	16.9g	0.7g	71mg

Delectable Spicy Lamb Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
40 min	10min	6

Directions:

1. In a large bowl, mix together oil, butter, lime zest, chili pepper, chili flakes, onion powder, garlic powder, and cayenne pepper.
2. Add lamb chops to the bowl and coat well with marinade and place in the refrigerator for 30 min.
3. Spray AirFryer basket with cooking spray.
4. Place marinated pork chops into the AirFryer basket and cook for 10 min.
5. Turn pork chops halfway through.
6. Enjoy.

Ingredients:

- ☐ 1 ½ lbs lamb chops
- ☐ 1 tspn butter, melted
- ☐ 1 tspn olive oil
- ☐ 1 ½ tspn cayenne pepper
- ☐ 1 tspn garlic powder
- ☐ 1 tspn onion powder
- ☐ ½ tspn red chili flakes
- ☐ 1 tspn chili pepper
- ☐ ½ tspn lime zest

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
264	12.9g	3.1g	32.7g	1.2g	108mg

Scrumptious Lamb Roast

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	1 hour 30min	6

Directions:

1. Make small cuts on meat using a sharp knife.

2. Poke garlic slices into the cuts. Season meat with pepper and salt.
3. Mix together oil and rosemary and rub over the meat.
4. Place meat into the AirFryer and cook at 400 F for 15 min.
5. Turn temperature to 320 F for 1 hour 15 min.
6. Enjoy.

Ingredients:

- ☐ 2 1/2 lbs lamb leg roast
- ☐ 1 tbspn dried rosemary
- ☐ 3 garlic cloves, sliced
- ☐ 1 tbspn olive oil
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
364	15g	0.9g	53.4g	0g	164mg

GloriousDried Herbs Lamb Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
8 hour 10 min	20min	4

Directions:

1. Add all ingredients except lamb chops into the zip-lock bag.
2. Add lamb chops to the bag. Seal bag and shake well and place in the fridge for overnight.
3. Place marinated lamb chops into the AirFryer.
4. Cook at 390 F for 3 min.
5. Turn lamb chops to another side and cook for 4 min more.
6. Enjoy.

Ingredients:

- ☐ 1 lb lamb chops
- ☐ 1 tbspn oregano
- ☐ 1 tbspn thyme
- ☐ 1 tbspn rosemary
- ☐ 2 tbspn fresh lemon juice
- ☐ 2 tbspn olive oil
- ☐ 1 tbspn coriander
- ☐ 1/4 tbspn pepper
- ☐ 1 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
282	15.7g	2.1g	32.2g	0.2g	102mg

Nourishing Lamb with Potatoes

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<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>20 min</i>	<i>35 min</i>	<i>2</i>

Directions:

1. Preheat the AirFryer to 355 F and arrange a divider in the AirFryer.
2. Rub the lamb evenly with garlic and rosemary and place on 1 side of AirFryer divider.
3. Cook for about 20 min and meanwhile, microwave the potatoes for about 4 min.
4. Dish out the potatoes in a large bowl and stir in the olive oil and onions.
5. Transfer into the AirFryer divider and change the side of the lamb rump.
6. Cook for about 15 min, flipping once in between and dish out in a bowl.

Ingredients:

- ☐ ½ pound lamb meat
- ☐ 2 small potatoes, peeled and halved
- ☐ ½ small onion, peeled and halved
- ☐ ¼ cup frozen sweet potato fries
- ☐ 1 garlic clove, crushed
- ☐ ½ tspn dried rosemary, crushed
- ☐ 1 tspn olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
391	17g	37.7g	19.7g	11.9g	62mg

MagicalLemon Herb Lamb Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>1 hour 5 min</i>	<i>7 min</i>	<i>4</i>

Directions:

1. Preheat the AirFryer to 390 F.
2. Add all ingredients except lamb chops in a zip-lock bag and shake well to mix.
3. Add lamb chops and coat well with herb mixture and place in the refrigerator for 1 hour.
4. Place marinated lamb chops into the AirFryer and cook for 3 min.
5. Turn lamb chops to another side and cook for 4 min more.
6. Enjoy.

Ingredients:

- ☐ 1 lb lamb chops
- ☐ 1 tspn oregano
- ☐ 1 tspn thyme
- ☐ 1 tspn rosemary
- ☐ 2 tspn lemon juice
- ☐ 2 tspn olive oil
- ☐ 1/4 tspn basil
- ☐ 1/4 tspn tarragon
- ☐ 1 tspn coriander

□ 1 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
281	15.7g	1.9g	32.2g	0.2g	102mg

Luscious Lamb Rack

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>30min</i>	<i>6</i>

Directions:

1. Mix together oil and garlic.
2. Brush oil and garlic mixture over the rack of lamb. Season with pepper and salt.
3. Preheat the AirFryer to 210 F.
4. Mix together thyme and rosemary.
5. Coat lamb with egg then with herb mixture.
6. Place lamb rack in the AirFryer basket and cook for 25 min.
7. Turn temperature to 390 F and cook for 5 min more.
8. Enjoy.

Ingredients:

- 1 egg, lightly beaten
- 1 tbspn fresh thyme, minced
- 1 3/4 lbs rack of lamb
- 1 tbspn fresh rosemary, minced
- 1 tbspn olive oil
- 2 garlic cloves, minced
- Pepper
- Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
258	14.9g	1g	28g	0.1g	115mg

Savory Cayenne Cumin Lamb

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>1 hour 10 min</i>	<i>10min</i>	<i>4</i>

Directions:

1. In a bowl, mix together ground cumin, chili peppers, garlic, olive oil, cayenne, and salt.
2. Add meat to the bowl and coat well. Place in refrigerator for 1 hour.
3. Place marinated meat into the AirFryer and cook at 360 F for 10 min.
4. Enjoy.

Ingredients:

- 1 lb lamb, cut into 1-inch pieces

- ☐ 2 tbspn olive oil
- ☐ 1 tbspn cayenne
- ☐ 2 tbspn ground cumin
- ☐ 2 chili peppers, minced
- ☐ 1 tbspn garlic, diced
- ☐ 1 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
290	16.2g	2.9g	32.7g	0.3g	102mg

Seductive Thyme Garlic Lamb Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>12min</i>	<i>4</i>

Directions:

1. Preheat the AirFryer to 390 F.
2. Season lamb chops with pepper and salt.
3. In a small bowl, mix together thyme, oil, and garlic and rub over lamb chops.
4. Place lamb chops into the AirFryer and cook for 12 min. Turn halfway through.
5. Enjoy.

Ingredients:

- ☐ 4 lamb chops
- ☐ 4 garlic cloves, diced
- ☐ 3 tbspn olive oil
- ☐ 1 tbspn dried thyme
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
334	19.9g	1.4g	36.1g	0g	115mg

- ☐ 2 tbspn olive oil
- ☐ 1 tbspn cayenne
- ☐ 2 tbspn ground cumin
- ☐ 2 chili peppers, minced
- ☐ 1 tbspn garlic, diced
- ☐ 1 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
290	16.2g	2.9g	32.7g	0.3g	102mg

Seductive Thyme Garlic Lamb Chops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>12min</i>	<i>4</i>

Directions:

1. Preheat the AirFryer to 390 F.
2. Season lamb chops with pepper and salt.
3. In a small bowl, mix together thyme, oil, and garlic and rub over lamb chops.
4. Place lamb chops into the AirFryer and cook for 12 min. Turn halfway through.
5. Enjoy.

Ingredients:

- ☐ 4 lamb chops
- ☐ 4 garlic cloves, diced
- ☐ 3 tbspn olive oil
- ☐ 1 tbspn dried thyme
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
334	19.9g	1.4g	36.1g	0g	115mg

Seafood Recipes

Delicious Crab Cakes

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
40 min	10min	4

Directions:

1. Add all ingredients except butter in a mixing bowl and mix until well combined.
2. Make 4 equal shapes of patties from mixture and place on parchment lined plate.
3. Place plate in the fridge for 30 min.
4. Spray AirFryer basket with cooking spray.
5. Brush melted butter on both sides of crab patties.
6. Place crab patties in AirFryer basket and cook for 10 min at 350 F.
7. Turn patties halfway through.
8. Enjoy.

Ingredients:

- ☐ 8 ounces crab meat
- ☐ 2 tspn butter, melted
- ☐ 2 tspn Dijon mustard
- ☐ 1 tspn mayonnaise
- ☐ 1 egg, lightly beaten
- ☐ 1/2 tspn old bay seasoning
- ☐ 1 green onion, sliced
- ☐ 2 tspn parsley, minced
- ☐ 1/4 cup almond flour
- ☐ 1/4 tspn pepper
- ☐ 1/2 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
150	10.3g	3.4g	9.5g	0.6g	88mg

TastyTuna Patties

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10min	2

Directions:

1. Preheat the AirFryer to 400 F.
2. Add all ingredients in a mixing bowl and mix until well combined.
3. Spray AirFryer basket with cooking spray.
4. Make 4 patties from mixture and place in the AirFryer basket.
5. Cook patties for 10 min at 400 F, flip halfway,

6. If you want crispier patties, then cook for 3 min more.
7. Enjoy.

Ingredients:

- ☐ 2 cans tuna
- ☐ 1/2 lemon juice
- ☐ 1/2 tspn onion powder
- ☐ 1 tspn garlic powder
- ☐ 1/2 tspn dried dill
- ☐ 1/2 tspn mayonnaise
- ☐ 1/2 tspn almond flour
- ☐ 1/4 tspn pepper
- ☐ 1/4 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
412	19.3g	8g	50g	2.4g	56mg

Adorable Salmon

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>10min</i>	<i>2</i>

Directions:

1. Coat salmon fillets with olive oil and season with pepper and salt.
2. Place salmon fillets in AirFryer basket and cook at 360 F for 8-10 min.
3. Enjoy.

Ingredients:

- ☐ 2 salmon fillets, skinless and boneless
- ☐ 1 tspn olive oil
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
296	18g	0g	34.5g	0g	78mg

Enjoyable White Fish

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>12min</i>	<i>2</i>

Directions:

1. Spray AirFryer basket with cooking spray.
2. Preheat the AirFryer to 360 F.
3. Coat fish fillets with olive oil and season with onion powder, lemon pepper seasoning, garlic powder, pepper, and salt.
4. Place fish fillets in AirFryer basket and cook for 10-12 min.
5. Enjoy.

Ingredients:

- 12 ounces white fish fillets
- 1/2 tspn onion powder
- 1/2 tspn lemon pepper seasoning
- 1/2 tspn garlic powder
- 1 tspn olive oil
- Pepper
- Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
366	19.8g	3g	42.2g	1.1g	131mg

Exquisite Shrimp with Veggie

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>20min</i>	<i>4</i>

Directions:

1. Line AirFryer basket with aluminum foil.
2. Add all ingredients into the large mixing bowl and toss well.
3. Transfer shrimp and vegetable mixture into the AirFryer basket and cook at 350 F for 10 min.
4. Toss well and cook for 10 min more.
5. Enjoy.

Ingredients:

- 50 small shrimp
- 1 tspn Cajun seasoning
- 1 bag of frouncesen mix vegetables
- 1 tspn olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
206	5.8g	4.8g	31.9g	0.8g	290mg

Savory Salmon Patties

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>

<i>10 min</i>	<i>7 min</i>	<i>2</i>
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Directions:

1. Add all ingredients except lemon slices into the bowl and mix until well combined.
2. Spray AirFryer basket with cooking spray.
3. Place lemon slice into the AirFryer basket.
4. Make the equal shape of patties from salmon mixture and place on top of lemon slices into the AirFryer basket.
5. Cook at 390 F for 7 min.
6. Enjoy.

Ingredients:

- ☐ 8 ounces salmon fillet, diced
- ☐ 1 lemon, sliced
- ☐ 1/2 tspn garlic powder
- ☐ 1 egg, lightly beaten
- ☐ 1/8 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
197	9.3g	4.4g	25.4g	1.4g	132mg

Fabulous Salmon

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>12 min</i>	<i>2</i>

Directions:

1. Preheat the AirFryer to 350 F.
2. Coat salmon fillets with olive oil and season with paprika, cardamom, and salt and place into the AirFryer basket.
3. Cook salmon for 10-12 min. Turn halfway through.
4. Enjoy.

Ingredients:

- ☐ 2 salmon fillets
- ☐ 1 tspn olive oil
- ☐ 1/4 tspn ground cardamom
- ☐ 1/2 tspn paprika
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
303	18.3g	1.5g	34.9g	0.2g	78mg

Fantastic Shrimp Scampi

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>

<i>10 min</i>	<i>10 min</i>	<i>4</i>
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Directions:

1. Preheat the AirFryer to 370 F.
2. Mix together shrimp, lemon wedges, olive oil, and garlic cloves in a bowl.
3. Pour shrimp mixture into the AirFryer pan and place into the AirFryer and cook for 10 min.
4. Drizzle with melted butter and sprinkle with parmesan cheese.
5. Enjoy.

Ingredients:

- ☐ 1 lb shrimp, peeled and deveined
- ☐ 10 garlic cloves, peeled
- ☐ 2 tbspn olive oil
- ☐ 1 fresh lemon, cut into wedges
- ☐ 1/4 cup parmesan cheese, grated
- ☐ 2 tbspn butter, melted

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
272	15.5g	5.7g	27.7g	0.4g	257mg

Wonderful Parmesan Walnut Salmon

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>12 min</i>	<i>4</i>

Directions:

1. Preheat the AirFryer to 370 F. Spray an AirFryer baking dish with cooking spray.
2. Place salmon on a baking dish.
3. Add walnuts into the food processor and process until finely ground.
4. Mix ground walnuts with parmesan cheese, oil, and lemon rind. Stir.
5. Spoon walnut mixture over the salmon and press gently.
6. Place in the AirFryer and cook for 12 min.
7. Enjoy.

Ingredients:

- ☐ 4 salmon fillets
- ☐ 1/4 cup parmesan cheese, grated
- ☐ 1/2 cup walnuts
- ☐ 1 tbspn olive oil
- ☐ 1 tbspn lemon rind

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
374	24.5g	2g	39.5g	0.3g	81mg

Scrumpitious Cajun Shrimp

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<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
1 hour 10 min	8 min	4

Directions:

1. Add all ingredients into the large bowl and toss well to coat. Place in the fridge for 1 hour. Spray AirFryer basket with cooking spray.
2. Add marinated shrimp into the AirFryer basket and cook at 400 F for 8 min.
3. Enjoy.

Ingredients:

- ☐ 1 lb shrimp, peeled and deveined
- ☐ 1 lime, cut into wedges
- ☐ 1/2 tspn chipotle chili in adobo, diced
- ☐ 1 tspn Cajun seasoning
- ☐ 2 tspn olive oil
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
201	9g	3.7g	26g	0.4g	239mg

Delish Miso Fish

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
8 hour 10 min	10 min	2

Directions:

1. Add all ingredients to the zip-lock bag. Shake well place in the refrigerator for overnight.
2. Place marinated fish fillets into the AirFryer basket and cook at 350 F for 10 min.
3. Enjoy.

Ingredients:

- ☐ 2 cod fish fillets
- ☐ 1 tspn garlic, minced
- ☐ 2 tspn swerve
- ☐ 2 tspn miso

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
234	2.6g	7.9g	43.4g	1.1g	99mg

Admirable Tilapia Fish Fillets

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>

<i>10 min</i>	<i>7 min</i>	<i>2</i>
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Directions:

1. Spray AirFryer basket with cooking spray.
2. Place fish fillets into the AirFryer basket and season with lemon pepper, old bay seasoning, pepper, and salt.
3. Spray fish fillets with cooking spray and cook at 400 F for 7 min.
4. Enjoy.

Ingredients:

- ☐ 2 tilapia fillets
- ☐ 1 tbspn old bay seasoning
- ☐ 1/2 tbspn butter
- ☐ 1/4 tbspn lemon pepper
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
119	3.9g	0.3g	21.1g	0g	63mg

Delectable Garlic Mayo Shrimp

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>8 min</i>	<i>2</i>

Directions:

1. In a bowl, mix together mayonnaise, paprika, sriracha, garlic, ketchup, and salt.
2. Add shrimp into the bowl and coat well.
3. Spray AirFryer basket with cooking spray. Transfer shrimp into the AirFryer basket and cook at 325 F for 8 min. Shake halfway through.
4. Enjoy.

Ingredients:

- ☐ 1/2 lb shrimp, peeled
- ☐ 1/2 tbspn ketchup
- ☐ 1 1/2 tbspn mayonnaise
- ☐ 1/4 tbspn paprika
- ☐ 1/2 tbspn sriracha
- ☐ 1/2 tbspn garlic, diced
- ☐ 1/4 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
191	5.7g	7.2g	26.3g	1.7g	242mg

Charming Spicy Prawns

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
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<i>10 min</i>	<i>8 min</i>	<i>2</i>
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Directions:

1. Preheat the AirFryer to 350 F. Spray AirFryer basket with cooking spray.
2. In a bowl, mix together spices add prawns.
3. Transfer prawns into the AirFryer basket and cook for 8 min.
4. Enjoy.

Ingredients:

- ☐ 6 prawns (oz?)
- ☐ 1/4 tspn pepper
- ☐ 1/2 tspn chili powder
- ☐ 1 tspn chili flakes
- ☐ 1/4 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
312	4.7g	5.6g	58.4g	0.2g	537mg

Enchanting Salmon Fillets

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>7 min</i>	<i>2</i>

Directions:

1. Rub salmon fillet with oil, paprika, pepper, and salt.
2. Place salmon fillets in the AirFryer basket and cook at 390 F for 7 min.
3. Enjoy.

Ingredients:

- ☐ 2 salmon fillets
- ☐ 2 tspn olive oil
- ☐ 2 tspn paprika
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
376	25.9g	3.9g	35.6g	0.7g	78mg

Scrummy Shrimp

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>6 min</i>	<i>2</i>

Directions:

1. Preheat the AirFryer to 390 F.

2. Add all ingredients into the bowl and toss well.
3. Transfer shrimp into the AirFryer basket and cook for 6 min.
4. Enjoy.

Ingredients:

- ☐ 1/2 lb shrimp, peeled and deveined
- ☐ 1/2 tbspn old bay seasoning
- ☐ 1 tbspn cayenne pepper
- ☐ 1 tbspn olive oil
- ☐ 1/4 tbspn paprika
- ☐ 1/8 tbspn salt
- ☐

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
206	9.5g	3.7g	26.3g	0.4g	239mg

Appetizing Catfish

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	20 min	4

Directions:

1. Preheat the AirFryer to 400 F.
2. Spray AirFryer basket with cooking spray.
3. Seasoned fish with seasoning and place into the AirFryer basket.
4. Drizzle fish fillets with oil and cook for 10 min.
5. Turn fish to another side and cook for 10 min more.
6. Garnish with parsley and serve.

Ingredients:

- ☐ 4 catfish fillets
- ☐ 1 tbspn olive oil
- ☐ 1/4 cup fish seasoning
- ☐ 1 tbspn fresh parsley, minced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
256	15.7g	2.6g	24.9g	0g	75mg

Simple Bacon Shrimp

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	7 min	4

Directions:

1. Preheat the AirFryer to 390 F. Spray AirFryer basket with cooking spray.
2. Wrap shrimp with bacon slice and place into the AirFryer basket and cook for 5 min.
3. Turn shrimp to another side and cook for 2 min more. Season shrimp with pepper.
4. Enjoy.

Ingredients:

- 16 shrimp, deveined
- 1/4 tspn pepper
- 16 bacon slices

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
386	25.5g	1.6g	36.1g	0g	245mg

Tasty Almond Coconut Shrimp

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	5 min	4

Directions:

1. Preheat the AirFryer to 400 F.
2. Spray AirFryer basket with cooking spray.
3. Whisk egg whites in a shallow dish.
4. In a bowl, mix together the shredded coconut, almond flour, and cayenne pepper.
5. Dip shrimp into the egg mixture then coat with coconut mixture.
6. Place coated shrimp into the AirFryer basket and cook for 5 min.
7. Enjoy.

Ingredients:

- 16 ounces shrimp, peeled
- 1/2 cup almond flour
- 2 egg whites
- 1/4 tspn cayenne pepper
- 1/2 cup unsweetened shredded coconut
- 1/2 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
254	11.8g	5.8g	29.4g	1.3g	239mg

Delicious Cajun Cheese Shrimp

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	5 min	4

Directions:

1. Add all ingredients into the bowl and toss well.

2. Spray AirFryer basket with cooking spray.
3. Transfer shrimp mixture into the AirFryer basket and cook at 390 F for 5 min. Shake halfway through.
4. Enjoy.

Ingredients:

- 1 lb shrimp
- 1/2 cup almond flour
- 1 tbspn olive oil
- 1 tbspn Cajun seasoning
- 2 tbspn parmesan cheese
- 2 garlic cloves, diced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
221	9.4g	3.4g	30.1g	0.2g	246mg

Delightful Creamy Shrimp

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>8 min</i>	<i>4</i>

Directions:

1. In a bowl, mix together mayonnaise, paprika, sriracha, garlic, ketchup, and salt. Add shrimp and Stir.
2. Add shrimp mixture into the AirFryer baking dish and place in the AirFryer.
3. Cook at 325 F for 8 min. Stir halfway through.
4. Enjoy.

Ingredients:

- 1 lb shrimp, peeled
- 1 tbspn garlic, diced
- 1 tbspn tomato ketchup
- 3 tbspn mayonnaise
- 1/2 tbspn paprika
- 1 tbspn sriracha
- 1/2 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
191	5.7g	7.2g	26.3g	1.7g	242mg

Luscious Chili Garlic Shrimp

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>5 min</i>	<i>4</i>

Directions:

1. Preheat the AirFryer to 400 F.
2. Spray AirFryer basket with cooking spray.
3. Add all ingredients into the bowl and toss well.
4. Add shrimp into the AirFryer basket and cook for 5 min. Shake basket twice.
5. Enjoy.

Ingredients:

- ☐ 1 lb shrimp, peeled and deveined
- ☐ 1 tbspn olive oil
- ☐ 1 lemon, sliced
- ☐ 1 red chili pepper, sliced
- ☐ 1/2 tbspn garlic powder
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
173	5.5g	3.9g	26.2g	0.7g	239mg

Easy Salmon Patties

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10 min	2

Directions:

1. Spray AirFryer basket with cooking spray.
2. Add all ingredients into the bowl and mix until well combined.
3. Make patties from salmon mixture and place into the AirFryer basket.
4. Cook at 370 F for 5 min.
5. Turn patties to another side and cook for 5 min more.
6. Enjoy.

Ingredients:

- ☐ 14 ounces salmon
- ☐ 1/2 onion, diced
- ☐ 1 egg, lightly beaten
- ☐ 1 tbspn dill
- ☐ 1/2 cup almond flour

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
349	18g	5.1g	43.4g	1.6g	169mg

Pretty Lemon Garlic Shrimps

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	8 min	2

Directions:

1. Preheat the AirFryer to 400F and grease an AirFryer basket.
2. Mix lemon juice, olive oil, lemon pepper, paprika, and garlic powder in a large bowl.
3. Stir in the shrimp and toss until well combined. Arrange shrimp into the AirFryer basket in a single layer and cook for about 8 min.
4. Dish out the shrimp in serving plates and serve warm.

Ingredients:

- ¾ pound medium shrimp, peeled and deveined
- 1½ tbsps fresh lemon juice
- 1tbspn olive oil
- 1tspn lemon pepper
- ¼ tspn paprika
- ¼ tspn garlic powder

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
229	9.2g	1.3g	36.8g	0.4g	334mg

Unbelievable Creamy Breaded Shrimp

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	10 min	3

Directions:

1. Preheat the AirFryer to 400F and grease an AirFryer basket.
2. Place flour in a shallow bowl and mix the mayonnaise, chili sauce, and Sriracha sauce in another bowl.
3. Place the breadcrumbs in a third bowl.
4. Coat each shrimp with the flour, dip into mayonnaise mixture and finally, dredge in the breadcrumbs.
5. Arrange half of the coated shrimps into the AirFryer basket and cook for about 10 min.
6. Dish out the coated shrimps onto serving plates and repeat with the remaining mixture.

Ingredients:

- ¼ cup all-purpose flour
- 1 cup panko breadcrumbs
- 1-pound shrimp, peeled and deveined
- ½ cup mayonnaise
- ¼ cup sweet chili sauce
- 1tbspn Sriracha sauce

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
537	19.7g	47.9g	38.5g	11.5g	332mg

Fabulous Coconut Crusted Shrimp

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	20 min	3

Directions:

1. Preheat the AirFryer to 350 o F and grease an AirFryer basket.
2. Place the coconut milk in a shallow bowl.
3. Mix coconut, breadcrumbs, salt, and black pepper in another bowl.
4. Dip each shrimp into coconut milk and, finally, dredge in the coconut mixture.
5. Arrange half of the shrimps into the AirFryer basket and cook for about 20 min.
6. Dish out the shrimps onto serving plates and repeat with the remaining mixture to help.

Ingredients:

- ☐ 8 ounces of coconut milk
- ☐ ½ cup sweetened coconut, shredded
- ☐ ½ cup panko breadcrumbs
- ☐ 1-pound large shrimp, peeled and deveined
- ☐ Salt and black pepper, to taste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
390	22.5g	19g	31.9g	3.7g	216mg

Lovely Rice Flour Coated Shrimp

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
20 min	20 min	3

Directions:

1. Preheat the AirFryer to 325 F and grease an AirFryer basket.
2. Mix rice flour, olive oil, sugar, salt, and black pepper in a bowl.
3. Stir in the shrimp and transfer half of the shrimp to the AirFryer basket.
4. Cook for about 10 min, flipping once in between.
5. Dish out the mixture onto serving plates and repeat with the remaining dough.

Ingredients:

- ☐ 3tbspns rice flour
- ☐ 1-pound shrimp, peeled and deveined
- ☐ 2tbspns olive oil
- ☐ 1tspn powdered sugar
- ☐ Salt and black pepper, as required

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

299	12g	11.1g	35g	0.8g	318mg
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Magical Buttered Scallops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	4 min	2

Directions:

1. Preheat the AirFryer to 390 F and grease an AirFryer basket.
2. Mix scallops, butter, thyme, salt, and black pepper in a bowl.
3. Arrange scallops in the AirFryer basket and cook for about 4 min.
4. Dish out the scallops in a platter and serve hot.

Ingredients:

- ☐ ¾ pound sea scallops, cleaned and patted very dry
- ☐ 1tbspn butter, melted
- ☐ ½ tspn fresh thyme, diced
- ☐ Salt and black pepper, as required

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
203	7.1g	4.5g	28.7g	0g	71mg

Savory Fish Sticks

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10 min	4

Directions:

1. Spray AirFryer basket with cooking spray.
2. In a small bowl, whisk together mayonnaise, water, and mustard.
3. In a shallow bowl, mix together pork rind, pepper, Cajun seasoning, and salt.
4. Dip fish pieces in mayo mixture and coat with pork rind mixture and place in the AirFryer basket.
5. Cook at 400 F for 5 min. Turn fish sticks to another side and cook for 5 min more.
6. Enjoy.

Ingredients:

- ☐ 1 lb white fish, cut into pieces
- ☐ ¾ tspn Cajun seasoning
- ☐ 1/2 cups pork rind, crushed
- ☐ 2 tspn water
- ☐ 2 tspn Dijon mustard
- ☐ 1/4 cup mayonnaise
- ☐ Pepper
- ☐ Salt
- ☐

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Calories	Fat	Carbs	Protein	Sugar	Cholesterol
226	11.7g	14.2g	16.3g	4.4g	73mg

ThoothsomeHoney Glazed Salmon

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	8 min	2

Directions:

1. Sprinkle the salmon fillets with salt and then coat with syrup.
2. Press "Power Button" of Air Fry Oven and turn the dial to select the "Air Fry" mode.
3. Press the Time button and again turn the dial to set the Time to cook to 8 min.
4. Now push the Temp button and rotate the dial to set the temperature at 355 degrees F.
5. Press the "Start/Pause" button to start.
6. When the unit beeps to show that it is preheated, open the lid.
7. Arrange the salmon fillets in greased "Air Fry Basket" and insert them in the oven.
8. Serve hot.

Ingredients:

- ☐ 2 (6-ounces.) salmon fillets
- ☐ Salt, as required
- ☐ 2 tbsps honey

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
176	5.3g	17.3g	16.6g	17.3g	38mg

Glorious Sweet & Sour Glazed Salmon

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
2 hours 12 min	20 min	2

Directions:

1. In a small shallow container, mix the soy sauce, honey, vinegar, and water.
2. In another small bowl, reserve about half of the mixture.
3. Add salmon fillets in the remaining mixture and coat well.
4. Cover the bowl and refrigerate to marinate for about 2 hours.
5. Press "Power Button" of Air Fry Oven and turn the dial to select the "Air Fry" mode. Press the Time button and again turn the dial to set the Time to cook to 12 min. Now push the Temp button and rotate the dial to set the temperature at 355 degrees F.
6. Press the "Start/Pause" button to start.
7. When the unit beeps to show that it is preheated, open the lid.
8. Arrange the salmon fillets in greased "Air Fry Basket" and insert them in the oven.
9. Flip the salmon fillets once halfway through and coat with the reserved marinade after every 3 min.
10. Serve hot.

Ingredients:

- ☐ 1/3 cup soy sauce
- ☐ 1/3 cup honey
- ☐ 3tspns rice wine vinegar
- ☐ 1tspn water
- ☐ 4 (3½-ounces.) salmon fillets

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
265	3.1g	49.8g	12.5g	47.1g	22mg

Dreamy Salmon Parcel

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>15 min</i>	<i>13 min</i>	<i>2</i>

Directions:

1. In a shallow container, mix all the ingredients.
2. Divide the salmon mixture over 2 pieces of foil evenly.
3. Seal the foil around the salmon mixture to form the packet.
4. Press “Power Button” of Air Fry Oven and turn the dial to select the “Air Fry” mode.
5. Press the Time button and again turn the dial to set the Time to cook to 13 min.
6. Now push the Temp button and rotate the dial to set the temperature at 355 degrees F.
7. Press the “Start/Pause” button to start.
8. When the unit beeps to show that it is preheated, open the lid.
9. Arrange the salmon parcels in “Air Fry Basket” and insert them in the oven.
10. Serve hot.

Ingredients:

- ☐ 2 (4-ounces.) salmon fillets
- ☐ Six asparagus stalks
- ☐ ¼ cup white sauce
- ☐ 1tspn oil
- ☐ ¼ cup champagne
- ☐ Salt and ground black pepper, as required

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
165	9.2g	5.4g	13.5g	2.5g	27mg

Flavorful Parmesan Shrimp

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>10 min</i>	<i>6</i>

Directions:

1. In a large mixing bowl, combine together garlic, oil, onion powder, oregano, pepper, and cheese.
2. Add shrimp in a bowl and toss until well coated.
3. Spray AirFryer basket with cooking spray.
4. Add shrimp into the AirFryer basket and cook at 350 F for 8-10 min.
5. Enjoy.

Ingredients:

- ☐ 2 lbs cooked shrimp, peeled and deveined
- ☐ 2 tbspn olive oil
- ☐ 1/2 tbspn onion powder
- ☐ 1 tbspn basil
- ☐ 1/2 tbspn oregano
- ☐ 2/3 cup parmesan cheese, grated
- ☐ 3 garlic cloves, diced
- ☐ 1/4 tbspn pepper

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
241	8.3g	3.9g	36.2g	0.3g	322mg

1. In a large mixing bowl, combine together garlic, oil, onion powder, oregano, pepper, and cheese.
2. Add shrimp in a bowl and toss until well coated.
3. Spray AirFryer basket with cooking spray.
4. Add shrimp into the AirFryer basket and cook at 350 F for 8-10 min.
5. Enjoy.

Ingredients:

- ☐ 2 lbs cooked shrimp, peeled and deveined
- ☐ 2 tbspn olive oil
- ☐ 1/2 tbspn onion powder
- ☐ 1 tbspn basil
- ☐ 1/2 tbspn oregano
- ☐ 2/3 cup parmesan cheese, grated
- ☐ 3 garlic cloves, diced
- ☐ 1/4 tbspn pepper

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
241	8.3g	3.9g	36.2g	0.3g	322mg

Exciting Ranch Tilapia

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>15 min</i>	<i>13 min</i>	<i>4</i>

Directions:

1. In a shallow bowl, beat the eggs.
2. In another bowl, add the cornflakes, ranch dressing, and oil and mix until a crumbly mixture forms.
3. Dip the fish fillets into the egg and then coat with the breadcrumbs mixture.
4. Press "Power Button" of Air Fry Oven and turn the dial to select the "Air Fry" mode. Press the Time button and again turn the dial to set the Time to cook to 13 min. Now push the Temp button and rotate the dial to set the temperature at 356 degrees F.
5. Press the "Start/Pause" button to start.
6. When the unit beeps to show that it is preheated, open the lid.
7. Arrange the tilapia fillets in greased "Air Fry Basket" and insert it in the oven.
8. Serve hot.

Ingredients:

- ☐ ¾ cup cornflakes, crushed
- ☐ 1 (1-ounces.) packet dry ranch-style dressing mix
- ☐ 2½ tbsps vegetable oil
- ☐ 2 eggs
- ☐ 4 (6-ounces.) tilapia fillets

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
186	13.4g	4.9g	11.1g	0.7g	103mg

Nourishing Spicy Catfish

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>15 min</i>	<i>13 min</i>	<i>2</i>

Directions

2. Get a bowl and mix the flour, paprika, garlic powder, and salt.
3. Add the catfish fillets and coat with the mixture evenly.
4. Now, coat each fillet with oil.
5. Press "Power Button" of Air Fry Oven and turn the dial to select the "Air Fry" mode.
6. Press the Time button and again turn the dial to set the Time to cook to 13 min.
7. Now push the Temp button and rotate the dial to set the temperature at 400 degrees F.
8. Press the "Start/Pause" button to start.
9. When the unit beeps to show that it is preheated, open the lid.
10. Arrange the fish fillets in greased "Air Fry Basket" and insert it in the oven.
11. Flip the fish fillets once halfway through.
12. Serve hot.

Ingredients:

- ☐ 2tbspns almond flour
- ☐ 1tspn red chili powder
- ☐ ½ tspn paprika
- ☐ ½ tspn garlic powder
- ☐ Salt, as required
- ☐ 2 (6-ounces.) catfish fillets
- ☐ 1tbspn olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
343	27.8g	7.5g	19.6g	1.3g	40mg

Cute Salmon Fillets

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	15 min	2

Directions:

1. Place lemon slices into the AirFryer basket.
2. Season salmon with pepper and salt and place on top of lemon slices into the AirFryer basket.
3. Cook salmon at 330 F for 15 min.
4. Meanwhile, in a bowl, mix together yogurt, garlic powder, lemon juice, dill, pepper, and salt.
5. Place salmon on serving plate and top with yogurt mixture.
6. Enjoy.

Ingredients:

- ☐ 2 salmon fillets
- ☐ 1/2 tspn garlic powder
- ☐ 1/4 cup plain yogurt
- ☐ 1 tspn fresh lemon juice
- ☐ 1 tspn fresh dill, minced
- ☐ 1 lemon, sliced
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
279	11.6g	7.5g	37.3g	3.6g	80mg

DeliciousLemon Chili Salmon

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	17 min	4

Directions:

1. Preheat the AirFryer to 325 F.

2. Place salmon fillets in AirFryer baking pan and drizzle with olive oil, lemon juice, and orange juice.
3. Sprinkle chili slices over salmon and season with pepper and salt.
4. Place pan in the AirFryer and cook for 15-17 min.
5. Garnish with dill and serve.

Ingredients:

- 2 lbs salmon fillet, skinless and boneless
- 2 lemon juice
- 1 orange juice
- 1 tbspn olive oil
- 1 bunch fresh dill
- 1 chili, sliced
- Pepper
- Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
347	17.8g	3.2g	44.6g	1.9g	101mg

Amazingly Pesto Salmon

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>16 min</i>	<i>4</i>

Directions:

1. Preheat the AirFryer to 370 F. Spray AirFryer basket with cooking spray.
2. Season salmon fillet with pepper and salt and place into the AirFryer basket.
3. In a bowl, mix together mayonnaise, parmesan cheese, and pesto and spread over the salmon fillet.
4. Cook salmon for 14-16 min.
5. Meanwhile, in a pan sauté spinach with olive oil until spinach is wilted, about 2-3 min. Season with pepper and salt.
6. Transfer spinach in serving plate and top with cooked salmon.
7. Enjoy.

Ingredients:

- 25 ounces' salmon fillet
- 1 tbspn green pesto
- 1 cup mayonnaise
- 1/2 ounces' olive oil
- 1 lb fresh spinach
- 2 ounces' parmesan cheese, grated
- Pepper
- Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
558	40.6g	9.6g	43g	3.1g	109mg

Tasty Lemon Shrimp

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	8 min	2

Directions:

1. In a bowl, mix together oil, lemon juice, garlic powder, paprika, and lemon pepper.
2. Add shrimp to the bowl and toss well to coat.
3. Spray AirFryer basket with cooking spray.
4. Transfer shrimp into the AirFryer basket and cook at 400 F for 8 min.
5. Garnish with lemon slices and serve.

Ingredients:

- ☐ 12 ounces' shrimp, peeled and deveined
- ☐ 1 lemon sliced
- ☐ 1/4 tspn garlic powder
- ☐ 1/4 tspn paprika
- ☐ 1 tspn lemon pepper
- ☐ 1 lemon juice
- ☐ 1 tspn olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
334	10.3g	19.4g	39.6g	9.4g	358mg

AdorableCreamy Crab Dip

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	7 min	2

Directions:

1. In an AirFryer baking dish, mix together crabmeat, hot sauce, scallions, cheese, mayonnaise, pepper, and salt.
2. Place dish into the AirFryer basket and cook at 400 F for 7 min.
3. Add parsley and lemon juice. Stir.
4. Enjoy.

Ingredients:

- ☐ 1/2 cup crabmeat, cooked
- ☐ 1/2 tspn pepper
- ☐ 1 tspn hot sauce
- ☐ 1/4 cup scallions
- ☐ 1 cup cheese, grated
- ☐ 1 tspn mayonnaise
- ☐ 1 tspn parsley, minced
- ☐ 1 tspn lemon juice
- ☐ 1/4 tspn salt

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Calories	Fat	Carbs	Protein	Sugar	Cholesterol
288	21.5g	8g	16.3g	2.7g	65mg

EnjoyableFish Packets

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	15 min	2

Directions:

1. In a bowl, mix together butter, lemon juice, tarragon, and salt. Add vegetables and toss well. Set aside.
2. Take 2 parchments paper pieces to fold vegetables and fish.
3. Spray fish with cooking spray and season with pepper and salt.
4. Place a fish fillet on each parchment paper piece and top with vegetables.
5. Fold parchment paper around the fish and vegetables.
6. Place veggie fish packets into the AirFryer basket and cook at 350 F for 15 min.
7. Enjoy.

Ingredients:

- ☐ 2 cod fish fillets
- ☐ 1/2 tspn dried tarragon
- ☐ 1/2 cup bell peppers, sliced
- ☐ 1/4 cup celery, cut into julienne
- ☐ 1/2 cup carrots, cut into julienne
- ☐ 1 tspn olive oil
- ☐ 1 tspn lemon juice
- ☐ 2 pats butter, melted
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
311	12.8g	5.8g	41.9g	3.2g	110mg

Fantastic Scallops

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10 min	2

Directions:

1. Spray AirFryer baking pan with cooking spray.
2. Add spinach in the pan.
3. Spray scallops with cooking spray and season with pepper and salt.
4. Place scallops on top of spinach.
5. In a small bowl, mix together garlic, basil, tomato paste, whipping cream, pepper, and salt and pour over scallops and spinach.
6. Place pan into the AirFryer and cook at 350 F for 10 min.

7. Enjoy.

Ingredients:

- ☐ 8 sea scallops
- ☐ 1 tbspn tomato paste
- ☐ 3/4 cup heavy whipping cream
- ☐ 12 ounces frouncesen spinach, thawed and drained
- ☐ 1 tbspn garlic, diced
- ☐ 1 tbspn fresh basil, minced
- ☐ 1/2 tbspn pepper
- ☐ 1/2 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
317	18.3g	14.2g	26.8g	1.8g	101mg

Delish King Prawns

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	6 min	4

Directions:

1. Preheat the AirFryer to 350 F.
2. Spray AirFryer basket with cooking spray.
3. Add prawns, chili flakes, chili powder, pepper, and salt to the bowl and toss well.
4. Transfer shrimp to the AirFryer basket and cook for 6 min.
5. In a small bowl, mix together mayonnaise, ketchup, and vinegar.
6. Serve with mayo mixture and enjoy.

Ingredients:

- ☐ 12 king prawns
- ☐ 1 tbspn vinegar
- ☐ 1 tbspn ketchup
- ☐ 3 tbspn mayonnaise
- ☐ 1/2 tbspn pepper
- ☐ 1 tbspn chili powder
- ☐ 1 tbspn red chili flakes
- ☐ 1/2 tbspn sea salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
274	6.5g	8.6g	46.9g	2.8g	588mg

WonderfulBasil Parmesan Shrimp

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>

<i>10 min</i>	<i>10 min</i>	<i>6</i>
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Directions:

1. Add all ingredients into the bowl and toss well.
2. Spray AirFryer basket with cooking spray.
3. Transfer shrimp into the AirFryer basket and cook at 350 F for 10 min.
4. Enjoy.

Ingredients:

- ☐ 2 lbs shrimp, peeled and deveined
- ☐ 1 tbspn basil
- ☐ 1/2 tbspn oregano
- ☐ 1 tbspn pepper
- ☐ 2/3 cup parmesan cheese, grated
- ☐ 2 garlic cloves, diced
- ☐ 2 tbspn olive oil
- ☐ 1 tbspn onion powder

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
252	8.8g	4.8g	37g	0.5g	323mg

Admirable Lemon Butter Salmon

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>6 min</i>	<i>2</i>

Directions:

1. Preheat the AirFryer to 350 F.
2. Spray AirFryer basket with cooking spray.
3. Season salmon with pepper and salt and place into the AirFryer basket and cook for 6 min.
4. Meanwhile, in a saucepan, add remaining ingredients and heat over low heat for 4-5 min.
5. Place cooked salmon on serving dish then pour prepared sauce over salmon.
6. Enjoy.

Ingredients:

- ☐ 2 salmon fillets
- ☐ 1/2 tbspn olive oil
- ☐ 2 tbspn garlic, diced
- ☐ 2 tbspn butter
- ☐ 2 tbspn fresh lemon juice
- ☐ 1/4 cup white wine
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

408	26.2g	3.9g	35.3g	0.6g	109mg
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SavoryCheese Crust Salmon

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10 min	5

Directions:

1. Preheat the AirFryer to 425 F.
2. Add salmon, seasoning, and olive oil to the bowl and mix well.
3. Place salmon fillet into the AirFryer basket.
4. In another bowl, mix together cheese, garlic, and parsley.
5. Sprinkle cheese mixture on top of salmon and cook for 10 min.
6. Enjoy.

Ingredients:

- ☐ 5 salmon fillets
- ☐ 1 tbspn Italian seasoning
- ☐ 2 garlic cloves, diced
- ☐ 1 cup parmesan cheese, shredded
- ☐ 1 tbspn paprika
- ☐ 1 tbspn olive oil
- ☐ 1/4 cup fresh parsley, minced
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
311	17.2g	2.1g	38.5g	0.4g	88mg

DelightfulLemon Crab Patties

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10 min	4

Directions:

1. Preheat the AirFryer to 400 F. Spray AirFryer basket with cooking spray.
2. Add 1/2 almond flour into the mixing bowl.
3. Add remaining ingredients and mix until well combined.
4. Make patties from mixture and coat with remaining almond flour and place into the AirFryer basket.
5. Cook patties for 5 min then turn to another side and cook for 5 min more.
6. Enjoy.

Ingredients:

- ☐ 1 egg
- ☐ 12 ounces' crabmeat
- ☐ 2 green onions, minced

- ☐ 1/4 cup mayonnaise
- ☐ 1 cup almond flour
- ☐ 1 tbspn old bay seasoning
- ☐ 1 tbspn red pepper flakes
- ☐ 1 tbspn fresh lemon juice

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
201	10.2g	19.2g	9.8g	7g	62mg

PerfectCheesy Crab Dip

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	7 min	4

Directions:

1. Add all ingredients except parsley and lemon juice in AirFryer baking dish and Stir.
2. Place dish in the AirFryer basket and cook at 400 F for 7 min.
3. Add parsley and lemon juice. Mix well.
4. Enjoy.

Ingredients:

- ☐ 1 cup crabmeat, cooked
- ☐ 2 tbspn fresh parsley, minced
- ☐ 2 tbspn fresh lemon juice
- ☐ 2 cups Jalapeno jack cheese, grated
- ☐ 2 tbspn hot sauce
- ☐ 1/2 cup green onions, sliced
- ☐ 1/4 cup mayonnaise
- ☐ 1 tbspn pepper
- ☐ 1/2 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
300	22.3g	9.5g	16.2g	3.1g	58mg

CharmingThai Shrimp

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10 min	4

Directions:

1. Spray AirFryer basket with cooking spray.
2. Toss shrimp with arrowroot powder and place into the AirFryer basket.
3. Cook shrimp at 350 F for 5 min. Shake basket well and cook for 5 min more.
4. Meanwhile, in a bowl, mix together soy sauce, ginger, garlic, and chili sauce.
5. Add shrimp to the bowl and toss well.
6. Garnish with green onions and sesame seeds.
7. Enjoy.

Ingredients:

- ☐ 1 lb shrimp, peeled and deveined
- ☐ 1 tbspn sesame seeds, toasted
- ☐ 2 garlic cloves, diced
- ☐ 2 tbspn soy sauce
- ☐ 2 tbspn Thai chili sauce
- ☐ 1 tbspn arrowroot powder
- ☐ 1 tbspn green onion, sliced
- ☐ 1/8 tbspn ginger, diced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
174	3.1g	8.1g	26.9g	2.2g	239mg

Great Salmon Quiche

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>1 hour 5 min</i>	<i>12 min</i>	<i>4</i>

Directions:

1. Preparing the Ingredients. Clean and cut the salmon into small cubes.
2. Heat the AirFryer to 375 degrees
3. Pour the lemon juice over the salmon cubes and allow them to marinate for an hour.
4. Combine a tbspn of water with the butter, flour, and yolk in a large bowl.
5. On a clean surface, use a rolling pin to form a circle of dough. Place this into the quiche pan, using your fingers to adhere the pastry to the edges
6. Whisk the cream, mustard, and eggs together. Season with salt and pepper. Add the marinated salmon into the bowl and combine.
7. Pour the content of the bowl into the dough-lined quiche pan
8. Air Frying. Put the pan in the AirFryer tray, close AirFryer lid, and cook for 25 min until browned and crispy.

Ingredients:

- ☐ 5 ounces. salmon fillet
- ☐ 1/2 tbspn lemon juice
- ☐ 1/2 cup flour
- ☐ 1/4 cup butter, melted
- ☐ 2 eggs and 1 egg yolk
- ☐ 3 tbspn. whipped cream
- ☐ 2 tbpns. mustard
- ☐ Black Pepper to taste
- ☐ Salt and Pepper
- ☐ Quiche Pan

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
310	22.3g	14.6g	13.7g	0.7g	193mg

Tasty Salmon Patties

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>15 min</i>	<i>7 min</i>	<i>4</i>

Directions:

1. Preparing the Ingredients. Drain can of salmon into a bowl and keep liquid. Discard skin and b1s.
2. Add salt, pepper, and egg to salmon, mixing well with hands to incorporate. Make patties.
3. Dredge in flour and remaining egg. If it seems dry, spoon reserved salmon liquid from the can onto patties.
4. Air Frying. Add patties to the AirFryer. Close AirFryer lid and cook 7 min at 378 degrees till golden, making sure to flip once during the cooking process.

Ingredients:

- ☐ 1 tbspn. olive oil
- ☐ 1 tbspn. ghee
- ☐ ¼ tbspn. salt
- ☐ 1/8 tbspn. pepper
- ☐ 1 egg
- ☐ 1 C. almond flour
- ☐ 1 can wild Alaskan pink salmon

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
249	18.8g	1.7g	20.9g	0.3g	109mg

Scrummy Herb Salmon Fillet

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>2 min</i>	<i>8 min</i>	<i>2</i>

Directions:

1. Rub the seasoning all over the salmon. Preheat your AirFryer to 350°F. Place the seasoned salmon fillet into an AirFryer basket and cook for 8-min.

Ingredients:

- ☐ ½ lb. salmon fillet
- ☐ ¼ tspn thyme
- ☐ 1tspn garlic powder
- ☐ ½ tspn cayenne pepper
- ☐ ½ tspn paprika
- ☐ ¼ tspn sage
- ☐ ¼ tspn oregano
- ☐ Salt and pepper to taste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
159	7.2g	1.9g	22.4g	0.5g	50mg

Enjoyable Beer-Battered Fish and Chips

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>30 min</i>	<i>4</i>

Directions:

1. Beat the eggs with a beer in a medium bowl. In another medium bowl, combine the flour and cornstarch and season with the garlic powder and salt and pepper to taste.
2. Spray the AirFryer basket with cooking oil.
3. Dip each cod fillet in the flour and cornstarch mixture and then in the egg and beer mixture. Dip the cod in the flour and cornstarch a second time.
4. Air Frying. Place the cod in the AirFryer. Do not stack. Cook in batches.
5. Spray with cooking oil. Close AirFryer lid and cook for 8 min.
6. Open the AirFryer and flip the cod. Cook for an additional 7 min.
7. Remove the cooked cod from the AirFryer, then repeat steps 4 and 5 for the remaining fillets.
8. Serve with prepared air-fried frouncesen fries. Frouncesen fries will need to be cooked for 18 to 20 min at 400°F.
9. Cool before serving.

Ingredients:

- ☐ 2 eggs
- ☐ 1 cup malty beer
- ☐ 1 cup all-purpose flour
- ☐ ½ cup cornstarch
- ☐ 1tspn garlic powder
- ☐ Salt
- ☐ Pepper
- ☐ Cooking oil
- ☐ (4-ounce) cod fillets

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
279	6.2g	40.1g	11.4g	0.5g	96mg

Soulful Tuna Stuffed Potatoes

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>3 5 min</i>	<i>30 min</i>	<i>4</i>

Directions:

1. In a large bowl of water, soak the potatoes for about 30 min. Drain well and pat dry with a paper towel.
2. Preheat the AirFryer to 355 degrees F. Place the potatoes in a fryer basket.
3. Close AirFryer lid and cook for about 30 min.
4. Meanwhile, in a bowl, add tuna, yogurt, red chili powder, salt, black pepper, and half of the scallion and with a potato masher, mash the mixture thoroughly.
5. Remove the potatoes from the AirFryer and place it onto a smooth surface.
6. Carefully cut each potato from the top side lengthwise.

- With your fingers, press the open side of potato halves slightly. Stuff the free potato portion with tuna mixture evenly.
- Sprinkle with the capers and remaining scallion. Serve immediately.

Ingredients:

- 4 starchy potatoes
- ½ tbspn olive oil
- 1 (6-ounce) can tuna, drained
- 2tbspns plain Greek yogurt
- 1tspn red chili powder
- Ground black pepper, salt
- 1 scallion, minced and divided
- 1tbspn capers

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
246	3.3g	39.5g	15.6g	1.7g	18mg

DelishPrawn Burgers

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
20 min	6 min	2

Directions:

- Preheat the AirFryer to 390 F and grease an AirFryer basket.
- Mix the prawns, breadcrumbs, onion, ginger, garlic, and spices in a bowl.
- Make small-sized patties from the mixture and transfer to the AirFryer basket.
- Cook for about 6 min and dish out in a platter.
- Serve immediately warm alongside the baby greens.
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Ingredients:

- ½ cup prawns, peeled, deveined and finely minced
- ½ cup breadcrumbs
- 2-3 tbspn onion, finely minced
- 3 cups fresh baby greens
- ½ tspn ginger, diced
- ½ tspn garlic, diced
- ½ tspn red chili powder
- ½ tspn ground cumin
- ¼ tspn ground turmeric
- Salt and ground black pepper, as required

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
198	2.1g	33g	13.4g	2.4g	45mg

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Glorious Fish & Chips

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<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>20 min</i>	<i>4</i>

Directions:

1. Put the whisk eggs in a shallow bowl, and the bread crumbs in a second shallow bowl.
2. Sprinkle the fish with flour and season with salt and pepper. Dredge the fillets in the egg, remove, and coat with the bread crumbs. Spritz the coated fillets with cooking spray. In a large bowl, toss the potato planks with the olive oil. Place the potatoes in your AirFryer's basket and top with the breaded fish. Fry at 375°F for 15 min, turning halfway through the Time to cook until the fish is cooked (cut into the thickest part, it will be opaque and flake easily with a fork).
3. In a small size of the bowl, mix the coleslaw mix, olive oil, lime juice, radishes, shallot, and cilantro. Mix well. Season to taste with salt and pepper. Set aside until serving.

Ingredients:

- ☐ 2 large eggs, lightly beaten
- ☐ ½ cup plain bread crumbs
- ☐ 4 (4-ounce) tilapia or haddock fillets
- ☐ All-purpose flour
- ☐ Celtic sea salt or kosher salt
- ☐ Freshly ground black pepper
- ☐ Olive oil cooking spray
- ☐ 2 russet potatoes, cut into ¼-inch planks
- ☐ 1tbspn extra-virgin olive oil
- ☐ 2 cups coleslaw mix
- ☐ 1tbspn extra-virgin olive oil
- ☐ Juice of 1 lime
- ☐ 4 radishes, thinly sliced
- ☐ 1 shallot, thinly sliced
- ☐ 2tbspnsmincd fresh cilantro
- ☐ Celtic sea salt or kosher salt
- ☐ Freshly ground black pepper

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
414	12.5g	59.8g	16.4g	2.8g	112mg

Luscious Crunchy Fish Taco

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>18 min</i>	<i>4</i>

Directions:

1. Cut the cod fillets lengthwise into 2-inch pieces and season with salt and pepper. Dip each cod strip into tempura butter then into breadcrumbs.
2. Preheat your AirFryer to 340°F and cook cod for 13-min.
3. Spread guacamole on each tortilla. Place cod stick on tortilla and top with minced cilantro and salsa. Squeeze lemon juice on top, then fold and serve.

Ingredients:

- ☐ 12-ounce cod fillet
- ☐ Salt and black pepper to taste
- ☐ 1 cup tempura batter
- ☐ 1 cup breadcrumbs
- ☐ ½ cup guacamole
- ☐ 6-flour tortillas
- ☐ 2tbspns cilantro, freshly minced
- ☐ ½ cup of salsa
- ☐ 1 lemon, juiced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
358	4.3g	58.3g	24.3g	3.5g	42mg

Simple Pressure Cooker Shrimp Boil

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>16 min</i>	<i>4</i>

Directions:

1. In your pressure cooker, combine the potatoes, sausage, chicken stock, corn, seasoning, hot sauce, and shrimp. Place and AirFryer up cooker to High pressure for 1 min.
2. When the Time to cook ends, let the pressure extrication naturally for 10 min; manually extrication any remaining pressure.
3. Stir butter and parsley carefully. Serve with the lemon wedges for squeezing.
4. Ingredient tip: Using frouncesen shrimp in this recipe makes it easy, but the longer Time to cook also means they won't overcook.

Ingredients:

- ☐ 1-pound baby red potatoes, halved
- ☐ 2 andouille links, sliced
- ☐ 1 cup Chicken Stock, or low-sodium store-bought chicken stock
- ☐ 4 ears fresh corn, shucked and halved crosswise
- ☐ 1tbspn reduced-sodium
- ☐ Old Bay seasoning
- ☐ 1tbspn hot sauce
- ☐ 1 pound has frouncesen (jumbo) peel-and-eat shrimp
- ☐ 1tbspn unsalted butter
- ☐ ¼ cup fresh parsley leaves
- ☐ 1 lemon, cut into wedges

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
430	10.5g	57.3g	33g	12.5g	165mg

Scrumptious Tilapia

Prep Time Time to cook Serv

10 min

15 min

4

Directions:

1. Preheat the AirFryer to 400°F.
2. In a bowl, whisk together the paprika, salt, onion powder, garlic powder, parsley, and cayenne. Place the tilapia fillets on 1 side of a sheet pan. Coat them with cooking spray and rub each with the blackening rub.
3. Spread the zucchini noodles on the other side of the pan. Drizzle with the olive oil.
4. Baking the tilapia for almost 15 min, or until the tilapia is cooked. Season the zucchini noodles to taste with salt and pepper. Serve the tilapia on top of the zucchini, with the lemon wedges on the side for squeezing.

Ingredients:

- ☐ 2tbspns paprika
- ☐ 1tspn Celtic sea salt or kosher salt, plus more for seasoning
- ☐ 1tspn onion powder
- ☐ 1tspn garlic powder
- ☐ 1tspn dried parsley
- ☐ ¼ tspn cayenne pepper
- ☐ 4 (4-ounce) tilapia fillets
- ☐ Olive oil cooking spray, for preparing the fish
- ☐ 1-pound zucchini noodles
- ☐ 1tbspn extra-virgin olive oil
- ☐ Freshly ground black pepper
- ☐ 1 lemon, cut into wedges

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
166	5.5g	7.9g	25g	1.1g	55mg

Enchanting Crab Herb Croquettes

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	18 min	6

Directions:

1. Preheat your AirFryer to 355°F. Add breadcrumbs with salt and pepper in a bowl. In another small bowl, add the egg whites. Add all the remaining ingredients into another bowl and mix well.
2. Make croquettes from crab mixture and dip into egg whites, and then into breadcrumbs.
3. Place into an AirFryer and cook for 18-min.

Ingredients:

- ☐ 1 lb. crab meat
- ☐ 1 cup breadcrumbs
- ☐ 2 egg whites
- ☐ Salt and black pepper to taste
- ☐ ½ tspn parsley, minced
- ☐ ¼ tspn chives

- ☐ ¼ tspn tarragon
- ☐ 2tbspn celeries, minced
- ☐ 4tbspn mayonnaise
- ☐ 4tbspns light sour cream
- ☐ 1tspn olive oil
- ☐ ½ tspn lime juice
- ☐ ½ cup red pepper, minced
- ☐ ¼ cup onion, minced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
212	8.1g	18.5g	13.6g	2.6g	47mg

Admirable Cod Parcel

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
20 min	20 min	2

Directions

1. In a large bowl, mix the butter, lemon juice, tarragon, salt, and black pepper.
2. Add the bell pepper, carrot, and fennel bulb and generously coat with the mixture.
3. Arrange 2 large parchment squares onto a smooth surface.
4. Coat the cod fillets with oil and then sprinkle evenly with salt and black pepper.
5. Arrange 1 cod fillet onto each parchment square and top each evenly with the vegetables.
6. Top with any remaining sauce from the bowl.
7. Fold the parchment paper and crimp the sides to secure fish and vegetables.
8. Press "Power Button" of Air Fry Oven and turn the dial to select the "Air Fry" mode.
9. Press the Time button and again turn the dial to set the Time to cook to 15 min.
10. Now push the Temp button and rotate the dial to set the temperature at 350 degrees F.
11. Press the "Start/Pause" button to start.
12. When the unit beeps to show that it is preheated, open the lid.
13. Arrange the cod parcels in "Air Fry Basket" and insert it in the oven.

Ingredients:

- ☐ 2tbspns butter, melted
- ☐ 1tbspn fresh lemon juice
- ☐ ½ tspn dried tarragon
- ☐ Salt and ground black pepper, as required
- ☐ ½ cup red bell peppers, seeded and thinly sliced
- ☐ ½ cup carrots, peeled and julienned
- ☐ ½ cup fennel bulbs, julienned
- ☐ 2 (5-ounces.) frouncesen cod fillets, thawed
- ☐ 1tbspn olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
306	20g	6.8g	26.3g	3g	100mg

Appetizing Salmon with Prawns & Pasta

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>20 min</i>	<i>18 min</i>	<i>4</i>

Directions:

1. In a considerable size pan of salted boiling water, add the pasta and cook for about 8-10 min or until desired doneness.
2. Meanwhile, at the bottom of a baking pan, spread 1tbspn of pesto.
3. Place salmon steaks and tomatoes over pesto in a single layer and drizzle with the oil.
4. Arrange the prawns on top in a single layer.
5. Drizzle with lemon juice and sprinkle with thyme.
6. Press "Power Button" of Air Fry Oven and turn the dial to select the "Air Fry" mode.
7. Press the Time button and again turn the dial to set the Time to cook to 8 min.
8. Now push the Temp button and rotate the dial to set the temperature at 390 degrees F.
9. Press the "Start/Pause" button to start.
10. When the unit beeps to show that it is preheated, open the lid.
11. Arrange the baking pan in "Air Fry Basket" and insert it in the oven. .
12. Draining the pasta and transfer into a large bowl.
13. Adding the remaining pesto and toss to coat thoroughly.
14. Divide the pasta onto serving plate and top with salmon mixture.

Ingredients:

- ☐ 14 ounces. pasta (of your choice)
- ☐ 4tbspns pesto, divided
- ☐ 4 (4-ounces.) salmon steaks
- ☐ 2 tbspns olive oil
- ☐ ½ lb. cherry tomatoes, minced
- ☐ Eight large prawns, peeled and deveined
- ☐ 2tbspns fresh lemon juice
- ☐ 2tbspns fresh thyme, minced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
480	18g	58.7g	21.4g	2.7g	112mg

Fabulous Potato Fish Cake

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>1 hou r 10 min</i>	<i>15 min</i>	<i>2</i>

Directions:

1. Add ingredients to a mixing bowl and combine well. Make round patties and place them in the fridge for 1 hour.
2. Place the patties into the AirFryer at 375°F for 15-min.

Ingredients:

- ☐ 1 ½ cups white fish, cooked
- ☐ Pepper and salt to taste
- ☐ 1 ½ tbspn of milk
- ☐ ½ cup of mashed potatoes
- ☐ 1tbspn butter
- ☐ 2tspns gluten-free flour
- ☐ 1tspn parsley
- ☐ ½ tspn sage

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
267	9.7g	21.1g	23.1g	1.4g	54mg

Hearty Salmon Burgers

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
20 min	22 min	6

Directions:

1. In a pan of the boiling water, cook the potatoes for about 10 min.
2. Drain the potatoes well. Transfer the potatoes into a bowl and mash with a potato masher . Set aside to cool completely.
3. In another bowl, add the salmon and flake with a fork.
4. Add the cooked potatoes, egg, parboiled vegetables, parsley, dill, salt, and black pepper and mix until well combined.
5. Make six equal-sized patties from the mixture.
6. Coat patties with breadcrumb evenly and then drizzle with the oil evenly.
7. Press “Power Button” of Air Fry Oven and turn the dial to select the “Air Fry” mode . Press the Time button and again turn the dial to set the Time to cook to 12 min . Now push the Temp button and rotate the dial to set the temperature at 355 degrees F . Press the “Start/Pause” button to start.
8. When the unit beeps to show that it is preheated, open the lid.
9. Arrange the patties in greased “Air Fry Basket” and insert it in the oven.
10. Flip the patties once halfway through.
11. Serve hot.

Ingredients:

- ☐ 3 large russet potatoes, peeled and cubed
- ☐ 1 (6-ounces.) cooked salmon fillet
- ☐ 1 egg
- ☐ ¾ cup frouncesen vegetables (of your choice), parboiled and drained
- ☐ 2tbspns fresh parsley, minced
- ☐ 1tspn fresh dill, minced
- ☐ Salt and ground black pepper, as required
- ☐ 1 cup breadcrumbs
- ☐ ¼ cup olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
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327	12.1g	43.7g	12.3g	3.7g	40mg
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Seductive Cod Burgers

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	7 min	6

Directions

1. In a food processor, add cod filets, lime zest, egg, chili paste, salt, and lime juice and pulse until smooth.
2. Transfer the cod mixture into a bowl.
3. Add 1½ tbspn coconut, scallion, and parsley and mix until well combined.
4. Make six equal-sized patties from the mixture.
5. In a shallow dish, place the remaining coconut.
6. Coat the patties in coconut evenly.
7. Press "Power Button" of Air Fry Oven and turn the dial to select the "Air Fry" mode . Press the Time button and again turn the dial to set the Time to cook to 7 min . Now push the Temp button and rotate the dial to set the temperature at 375 degrees F . Press the "Start/Pause" button to start.
8. When the unit beeps to show that it is preheated, open the lid.
9. Arrange the patties in greased "Air Fry Basket" and insert it in the oven.
10. Serve hot.

Ingredients:

- ☐ ½ lb. cod fillets
- ☐ ½ tspn fresh lime zest, grated finely
- ☐ ½ egg
- ☐ ½ tspn red chili paste
- ☐ Salt, to taste
- ☐ ½ tbspn fresh lime juice
- ☐ 3tbspn coconut, grated and divided
- ☐ 1 small scallion, minced finely
- ☐ 1tbspn fresh parsley, minced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
56	1.6g	0.8g	9.3g	0.4g	35mg

Exquisite Garlic Salmon Patties

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
6 min	15 min	3

Directions:

1. Add drained salmon into a bowl and with a fork flake the salmon. Add garlic powder, mayonnaise, flour, cornmeal, onion, egg, pepper, and salt. Mix well.
2. Make round patties with mix and place them in the AirFryer.
3. Air fry at 300°F for 15-min.

Ingredients:

- ☐ 1 egg
- ☐ 14-ounce can of salmon, drained
- ☐ Salt and pepper to taste
- ☐ 2 tbsps mayonnaise
- ☐ ½ tspn garlic powder
- ☐ 4tbspns onion, diced
- ☐ 4tbspns gluten-free flour
- ☐ 4tbspns cornmeal

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
336	14.9g	14.7g	34.3g	1.5g	115mg

Magnificent Chinese Cod

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>2 5 min</i>	<i>15 min</i>	<i>2</i>

Directions:

1. Season each cod fillet evenly with salt and black pepper and drizzle with sesame oil.
2. Set aside at room temperature for about 15-20 min. Dip the fish fillets into the egg and then coat with the breadcrumbs mixture.
3. Press "Power Button" of Air Fry Oven and turn the dial to select the "Air Fry" mode.
4. Press the Time button and again turn the dial to set the Time to cook to 12 min. Now push the Temp button and rotate the dial to set the temperature at 355 degrees F.
5. Press the "Start/Pause" button to start.
6. When the unit beeps to show that it is preheated, open the lid.
7. Arrange the cod fillets in greased "Air Fry Basket" and insert it in the oven.
8. Meanwhile, in a small pan, add the water and bring it to a boil.
9. Add the rock sugar and both soy sauces and cook until sugar is dissolved, stirring continuously.
10. Remove from the heat and set aside.
11. Remove the cod fillets and transfer onto serving plates.
12. Top each fillet with scallion and cilantro.
13. In a shallow fryer, heat the olive oil over medium heat and sauté the ginger slices for about 2-3 min.
14. Remove the frying pan from heat and discard the ginger slices.
15. Carefully, pour the hot oil evenly over cod fillets.
16. Top with the sauce mixture and serve.

Ingredients:

- ☐ 2 (7-ounces.) cod fillets
- ☐ Salt and ground black pepper, as required
- ☐ ¼ tspn sesame oil
- ☐ 1 cup of water
- ☐ Five little squares rock sugar
- ☐ Five tbsps light soy sauce
- ☐ 1tspn dark soy sauce

- ☐ 2 scallions (green part), sliced
- ☐ ¼ cup fresh cilantro, minced
- ☐ 3tbspns olive oil
- ☐ Five ginger slices

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
391	23.3g	36.1g	20.9g	23.2g	49mg

Yummy Salmon with Broccoli

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	12 min	2

Direction:

1. In a bowl, mix the broccoli, 1tbspnn of oil, salt, and black pepper. In another bowl, mix well the ginger, soy sauce, vinegar, sugar, and cornstarch.
2. Coat the salmon fillets with remaining oil and then with the ginger mixture.
3. Press “Power Button” of Air Fry Oven and turn the dial to select the “Air Fry” mode.
4. Press the Time button and again turn the dial to set the Time to cook to 12 min.
5. Now push the Temp button and rotate the dial to set the temperature at 375 degrees F.
6. Press the “Start/Pause” button to start.
7. When the unit beeps to show that it is preheated, open the lid.
8. Arrange the broccoli florets in greased “Air Fry Basket” and top with the salmon fillets.
9. Insert the basket in the oven.

Ingredients:

- ☐ 1½ cups small broccoli florets
- ☐ 2tbspns vegetable oil, divided
- ☐ Salt and ground black pepper, as required
- ☐ 1 (½-inch) piece fresh ginger, grated
- ☐ 1tbspn soy sauce
- ☐ 1tspn rice vinegar
- ☐ 1tspn light brown sugar
- ☐ ¼ tspn cornstarch
- ☐ 2 (6-ounces.) skin-on salmon fillets
- ☐ 1 scallion, thinly sliced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
282	18.9g	9.6g	20.3g	3.3g	38mg

Desserts

Peanut Butter Cookies

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>15 min</i>	<i>10min</i>	<i>4</i>

Direction:

1. Take all ingredients. And stir well in a bowl to form a cookie dough. Consistency is achieved, and the mixture has begun to thicken.
2. Take eight equal-sized amounts of the mixture and mold each 1 into a ball. Flatten them with your palm to form cookies about 2 inches thick.
3. Cover the bottom of your fryer with a sheet of parchment paper and lay the cookies inside.
4. Fry at 320°F for six min before turning the cookies over. Leave to cook an additional 2min.
5. Remove the cookies from the fryer and allow to cool before serving.

Ingredients:

- ☐ 1 cup no-sugar-added smooth peanut butter
- ☐ 1 egg
- ☐ 1 tspn. vanilla extract
- ☐ 1/3 cup granular erythritol

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
170g	12.6g	19.4g	8.8g	2g	41mg

Chocolate-Covered Maple Bacon

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>1 7min</i>	<i>3</i>

Direction:

1. Place the bacon in the fryer's basket and add the erythritol on top. Cook for 6 min at 350°F and turn the bacon over. Leave to cook another six min or until the bacon is sufficiently crispy.
2. Take the bacon out of the fryer and leave it to cool.
3. Microwave the chocolate chips and coconut oil together for half a min. Remove from the microwave and mix it before stirring in the maple extract.
4. Set the bacon flat on a piece of parchment paper and pour the mixture over. Allow hardening in the refrigerator for roughly five min before serving.

Ingredients:

- ☐ Eight slices sugar-free bacon
- ☐ 1 tspn. granular erythritol
- ☐ 1/3 cup low-carb, sugar-free chocolate chips
- ☐ 1 tspn. coconut oil

□ ½ tspn. maple extract

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
281	23.8g	4.9g	14g	1.2g	41mg

Cinnamon Sugar Pork Rinds

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	5min	3

Direction:

1. Coat the peels with the melted butter.
2. Cinnamon and pour over the pork rinds, ensuring the skins are covered entirely and evenly.
3. Transfer the pork rinds into the fryer and cook at 400°F for 5 min.

Ingredients:

- 2 ounces. pork rinds
- 2 tspn. unsalted butter, melted
- ¼ cup powdered erythritol
- ½ tspn. ground cinnamon

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
179	14.4g	0.9g	12.3g	0g	47mg

Pumpkin Spice Pecans

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	5min	3

Direction:

1. In a bowl, stir together the egg white, pumpkin pie spice, vanilla extract, and granular erythritol. Toss with the pecans to coat, before transferring the pecans to the fryer.
2. Cook at 300°F for 6 min, occasionally giving the basket a good shake.
3. Allow the pecans to cool completely before serving. Keep them in an airtight container and consume within 3 days.

Ingredients:

- 1 egg white
- ½ tspn. pumpkin pie spice
- ½ tspn. vanilla extract
- ¼ cup granular erythritol
- 1 cup whole pecans

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
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48	3.5g	21.7g	1.8g	20.6g	0mg
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Toasted Coconut Flakes

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	5min	3

Direction:

1. Oil, granular erythritol, and a pinch of salt, ensuring that the chips are coated completely.
2. Place the coconut flakes in your fryer and cook at 300°F for 3min, giving the basket a good shake a few times throughout the Time to cook. Fry until golden and serve.

Ingredients:

- ☐ 1 cup unsweetened coconut flakes
- ☐ 2 tbspn. coconut oil, melted
- ☐ ¼ cup granular erythritol
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
172	17.1g	21.3g	1.3g	0g	0mg

Blackberry Crisp

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	15 min	3

Direction:

1. In a bowl, combine the lemon juice, erythritol, xanthan gum, and blackberries.
2. Transfer to a round baking dish about six inches in diameter and seal with aluminum foil. Put the dish in the fryer and leave to cook for 12 min at 350°F.
3. Take care when removing the dish from the fryer. Give the blackberries another stir and top with the granola.
4. Return the dish to the fryer and cook for an additional 3min, this time at 320°F. Serve once the granola has turned brown and enjoy.

Ingredients:

- ☐ 2 tbspn. lemon juice
- ☐ 1/3 cup powdered erythritol
- ☐ ¼ tbspn. xanthan gum
- ☐ 2 cup blackberries
- ☐ 1 cup crunchy granola

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
136	2.6g	43.5g	3.4g	8.6g	0mg

Almond Churros

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	10min	6

Direction:

1. In a saucepan, bring the water and butter to a boil. Once it is bubbling, add the almond flour and mix to create a doughy consistency.
2. Transfer the dough into a piping bag.
3. Preheat the fryer at 380°F.
4. Pipe the dough into the fryer in several 3-inch-long segments. Cook for ten min before removing from the fryer and coating in the cinnamon sugar.
5. Serve with the low-carb chocolate sauce of your choice.

Ingredients:

- ☐ ½ cup of water
- ☐ ¼ cup butter
- ☐ ½ cup almond flour
- ☐ 3 eggs
- ☐ 2 ½ tbspn. cinnamon sugar

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
131	11g	4.4g	3.4g	0.3g	102mg

Peanut Butter Cookies

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	11min	2

Direction:

1. Combine the salt, erythritol, and peanut butter in a bowl, incorporating everything well. Break the egg over the mixture and mix to create a dough.
2. Flatten the dough using a rolling pin and cut into shapes with a knife or cookie cutter. Make a crisscross on the top of each cookie with a fork.
3. Preheat your fryer at 360°F.
4. Once the fryer has warmed up, put the cookies inside, and leave to cool for 10 min. Take care when taking them out and allow them to cool before enjoying.

Ingredients:

- ☐ ¼ tbspn. salt
- ☐ 4 tbspn. erythritol
- ☐ ½ cup peanut butter
- ☐ 1 egg

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

410	34.6g	42.9g	18.9g	36.2g	82mg
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Avocado Pudding

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
20 min	13min	4

Direction:

1. Preheat your fryer at 360°F.
2. Halve the avocado, twist to open, and scoop out the pit.
3. Throw in the Stevia, cocoa powder, almond milk, and vanilla extract and combine everything with a hand mixer.
4. Transfer this mixture to the basket of your fryer and cook for 3 min.

Ingredients:

- ☐ 1 avocado
- ☐ 3 tbspn. liquid Stevia
- ☐ 1 tbspn. cocoa powder
- ☐ 4 tbspn. unsweetened almond milk
- ☐ ¼ tbspn. vanilla extract

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
110	10.2g	5.3g	1.3g	0.4g	0mg

Chia Pudding

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
20 min	8min	2

Direction:

1. Preheat the fryer at 360°F.
2. In a bowl, gently combine the chia seeds with the milk and Stevia, before mixing the coconut oil and butter. Spoon seven equal-sized portions into seven ramekins and set these inside the fryer.
3. Cook for 4min. Take care when removing the ramekins from the fryer and allow it to cool for 4min before serving.

Ingredients:

- ☐ 1 cup chia seeds
- ☐ 1 cup unsweetened coconut milk
- ☐ 1 tbspn. liquid Stevia
- ☐ 1 tbspn. coconut oil
- ☐ 1 tbspn. butter

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

270	23.3g	12.9g	4.7g	0g	15mg
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Bacon Cookies

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	7min	3

Direction:

1. In a bowl, mix the ginger, baking soda, peanut butter, and Swerve together, making sure to combine everything well.
2. Stir in the minced bacon.
3. Preheat your fryer at 350°F.
4. When the fryer is warm, put the cookies inside and cook for 7 min. Take care when taking them out of the fryer and allow to cool before serving.

Ingredients:

- ☐ ¼ tspn. ginger
- ☐ 1/5 tspn. baking soda
- ☐ 2/3 cup peanut butter
- ☐ 2 tspn. Swerve
- ☐ 3 slices bacon, cooked and minced
- ☐

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
444	36.8g	13.2g	21.4g	5.4g	21mg

Sweet and Cinnamon Donut Holes

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	10min	16

Directions:

1. On a clean work surface, separate the jumbo biscuit dough into 16 equal-sized balls, about 1½ inches thick.
2. Spritz the AirFryer basket with cooking spray. Arrange the balls in the basket, making sure they are not stacked. Spray them with cooking spray.
3. Put the AirFryer lid on and cook in batches in the preheated AirFryer at 375°F for 8 min. Shake the basket when the lid screen indicates 'TURN FOOD' during Time to cook.
4. Remove the balls (donut holes) from the basket to a bowl. Serve alongside the cinnamon mixture.

Ingredients:

- ☐ 1 can (8-ounce) jumbo biscuit dough
- ☐ 2tbspns cinnamon
- ☐ 1tbspn stevia
- ☐ Cooking spray

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Calories	Fat	Carbs	Protein	Sugar	Cholesterol
107	5.6g	14.1g	2g	3.5g	0mg

Chocolate Peanut Butter and Jelly S'mores

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>5min</i>	<i>1</i>

Directions:

1. Start the S'mores by putting the peanut butter cup on 1 graham cracker square. Spread the raspberry jam and marshmallow on top.
2. Then spritz with cooking spray. Gently arrange the S'mores into the AirFryer basket.
3. Put the AirFryer lid on and cook in the preheated AirFryer at 400°F for about 1 min or until the marshmallow is softened.
4. Remove from the basket and top with remaining graham cracker square to serve.

Ingredients:

- ☐ 2 chocolate graham cracker squares, divided
- ☐ 1 chocolate-covered peanut butter cup
- ☐ 1tspn seedless raspberry jam
- ☐ 1 large marshmallow
- ☐ Cooking spray

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
410	19.2g	57.6g	3.9g	38.1g	45mg

Choco-Bana-Chips

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>12min</i>	<i>2</i>

Directions:

1. Coat the banana slices with agave syrup and lemon zest in a bowl.
2. Arrange the bananas in the AirFryer basket and spritz with cooking spray.
3. Put the AirFryer lid on and bake in the preheated AirFryer at 375°F for 12 min.
4. Flip the bananas over when the lid screen indicates 'TURN FOOD' during the cooking.
5. Meanwhile, combine the melted coconut oil with cocoa powder in a separate bowl and stir to mix well.
6. Transfer the banana chips to a plate and serve with chocolate glaze.

Ingredients:

- ☐ 2 banana, cut into slices
- ☐ 1tbspn agave syrup
- ☐ ¼ tspn lemon zest
- ☐ 1tbspn coconut oil, melted
- ☐ 1tbspn cocoa powder

□ Cooking spray

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
204	7.8g	36.9g	1.8g	14.5g	0mg

Crispy Fruit Tacos

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>5min</i>	<i>2</i>

Directions:

1. Preheat the AirFryer to 300 degrees' f and grease an AirFryer basket.
2. Put 2tbspns of strawberry jelly over each tortilla and top with blueberries and raspberries.
3. Sprinkle with powdered sugar and transfer into the AirFryer basket.
4. Cook for about 5 min until crispy and serve.

Ingredients:

- 2 soft shell tortillas
- 4tbspns strawberry jelly
- ¼ cup blueberries
- ¼ cup raspberries
- 2tbspns powdered Sugar

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
250	2.7g	54.4g	4.3g	35.3g	0mg

Fiesta pastries

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>15 min</i>	<i>10min</i>	<i>8</i>

Directions:

1. Preheat the AirFryer to 390 of and grease an AirFryer basket.
2. Mix all ingredients in a bowl except puff pastry.
3. Arrange about 1tspn of this mixture in the center of each square.
4. Fold each square into a triangle and slightly press the edges with a fork.
5. Arrange the pastries in the AirFryer basket and cook for about 10 min.
6. Dish out and serve immediatel y .

Ingredients:

- ½ of apple, peeled, cored and minced
- 1tspn fresh orange zest, grated finely
- 7.05-ounce prepared frouncesen puff pastry, cut into 16 squares
- ½ tspn white Sugar

□ ½ tspn groun d cinnamon

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
149	9.6g	14.2g	1.9g	2.4g	0mg

Dark Chocolate Lava Cakes

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	12min	4

Directions:

1. Grease 4 ramekins with butter. Preheat AirFryer to 375 F. Beats the eggs and sugar until frothy. Stir in butter and chocolate; gently fold in the flour.
2. Divide the mixture between the ramekins and bake for 10 min.
3. Let cool for 2 min before turning the cakes upside down onto serving plates.

Ingredients:

- 3 ½ ounces butter, melted
- 3 ½ tbspn sugar
- 1 ½ tbspn self-rising flour
- 3 ½ ounces dark chocolate, melted
- 2 eggs

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
392	29.7g	27.7g	5.2g	23.5g	141mg

Authentic Raisin Apple Treat

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	10min	4

Directions:

1. Preheat AirFryer to 360 F.
2. In a bowl, mix sugar, almonds, and raisins.
3. Blend the mixture using a hand mixer. Fill cored apples with the almond mixture.
4. Place the apples in a baking tray and cook for 10 min.
5. Serve with a sprinkle of powdered sugar.

Ingredients:

- 4 apples, cored
- 1 ½ ounces almonds
- ¾ ounces raisins
- 2 tbspn sugar

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

216	5.7g	43.3g	3g	32.8g	0mg
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Crumble with Blackberries & Apricots

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	20min	4

Directions:

1. Preheat AirFryer to 390 F. Add apricots to a bowl and mix with lemon juice, 2 tspn sugar, and blackberries.
2. Spread the mixture onto the greased AirFryer baking pan. In another bowl, mix flour and remaining sugar.
3. Add 1 tspn of cold water and butter and keep mixing until you have a crumbly mixture; top with crumb mixture. Cook for 20 min.

Ingredients:

- ☐ 2 ½ cups fresh apricots, cubed
- ☐ 1 cup fresh blackberries
- ☐ ½ cup of sugar
- ☐ 2 tspn lemon Juice
- ☐ 1 cup flour
- ☐ 5 tspn butter

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
398	15.6g	63.1g	5.2g	35.8g	38mg

Perfect Chocolate Soufflé

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	18min	2

Directions:

1. Beat the yolks along with the sugar and vanilla extract; stir in butter, chocolate, and flour.
2. Preheat AirFryer to 330 F.
3. Whisks the whites until a stiff peak forms. Working in batches, gently combine the egg whites with the chocolate mixture.
4. Divide the batter between 2 greased ramekins.
5. Cook for 14-18 min. Serve.

Ingredients:

- ☐ 2 eggs, whites, and yolks separated
- ☐ ¼ cup butter, melted
- ☐ 2 tspn flour
- ☐ 3 tspn sugar
- ☐ 3 ounces chocolate, melted

☐ ½ tspn vanilla extract

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
599	40.1g	50g	9.8g	40.7g	234mg

Homemade Doughnuts

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	15min	4

Directions:

1. Preheat AirFryer to 350 F. Beats the butter with the sugar until smooth.
2. Whisk in the egg and milk. In a bowl, combine flour with baking powder. Fold in the butter mixture.
3. Form donut shapes and cut off the center with cookie cutters.
4. Arrange on a lined baking sheet and cook in for 15 min.
5. Serve with whipped cream or icing.

Ingredients:

- ☐ 8 ounces self-rising flour
- ☐ 1 tspn baking powder
- ☐ ½ cup milk
- ☐ 2 ½ tspn butter
- ☐ 1 egg
- ☐ 2 ounces brown sugar

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
359	9.5g	60.5g	8.3g	15.4g	63mg

Triangle Toast

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	5min	6

Directions:

1. Preparing the Ingredients. Melt coconut oil and mix with sweetener until dissolved. Mix in remaining ingredients minus bread till incorporated.
2. Spread mixture onto bread, covering all areas.
3. Air Frying. Place coated pieces of bread in your AirFryer. Close AirFryer lid and cook 5 min at 400 degrees.
4. Remove and cut diagonally. Enjoy!

Ingredients:

- ☐ 2 tspn. pepper
- ☐ 1 ½ tspn. vanilla extract
- ☐ 1 ½ tspn. cinnamon

- ☐ ½ C. sweetener of choice
- ☐ 1 C. coconut oil
- ☐ 12 slices whole-wheat bread

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
502	38.1g	31.3g	7.6g	8.6g	0mg

Air sinker

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	5min	8

Directions:

1. Preparing the ingredients. Preheat the unit by selecting Bake/Roast, setting the temperature to 300°F, and setting the time to 5 min. Press Start/Stop to begin. Mix allspice, sugar, sweetener, and cinnamon.
2. Take out biscuits from can and with a circle cookie cutter, cut holes from centers, and place into AirFryer.
3. Air Frying the Dish. Close the AirFryer, Lid. Select Bake, set the temperature to 350°F, and set the time to 5 min. Select Start to begin. As batches are cooked, use a brush to coat with melted coconut oil and dip each into sugar mixture.
4. Serve warm!

Ingredients:

- ☐ Pinch of allspice
- ☐ 4 tspn. dark brown sugar
- ☐ ½ - 1 tspn. cinnamon
- ☐ 1/3 C. granulated sweetener
- ☐ 3 tspn. melted coconut oil
- ☐ 1 can of biscuits

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
177	9.2g	22.1g	2.2g	5.6g	0mg

Delicious cake

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	8min	6

Directions:

1. Preparing the Ingredients. Layout pie crust and slice into equal-sized squares. Place 2 tspn. Filling into each square and seal crust with a fork.
2. Air Frying. Place into the AirFryer. Close the AirFryer, Lid. Select Bake, set the temperature to 390°F, and set the time to 8 min until golden in color. Select Start to begin.

Ingredients:

- 15-ounces no-sugar-added apple pie filling
- 1 store-bought crust

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
183	6.9g	27.9g	0.9g	10.9g	0mg

Almond biscuit

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	2 hours 35min	4

Directions:

1. In a bowl, add egg whites and lemon juice. Beat using an electric mixer until foamy. Slowly add the sugar and continue beating until completely combined; stir in almond and vanilla extracts. Line the AirFryer pan with parchment paper. Fill a piping bag with the meringue mixture and pipe as many mounds on the baking pan as you can, leaving 2-inch spaces between each mound.
2. Cook at 350 F for 5 min on the Bake function. Reduce the temperature to 320 F and bake for 15 more min. Then, reduce the heat to 190 F and cook for 15 min. Let cool for 2 hours. Drizzle with dark chocolate and serve.

Ingredients:

- Eight egg whites
- ½ tbspn almond extract
- 1 ⅓ cups sugar
- 2 tbspn lemon juice
- 1 ½ tbspn vanilla extract
- Melted dark chocolate to drizzle

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
323	3.6g	73.8g	1.7g	72.5g	1mg

Yummy Pud

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
25 min	20min	6

Directions:

1. In a bowl, combine all the ingredients and Stir.
2. Divide into ramekins, put them in the fryer and cook at 340°F for 20 min
3. Serve the pudding cold.

Ingredients:

- 1 cup red currants, blended
- 1 cup coconut cream

- 1 cup black currants, blended
- 3 tbspn. Stevia

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
236	9.6g	41.5g	1.5g	32.1g	0mg

Vanilla biscuit

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>17 min</i>	<i>12min</i>	<i>12</i>

Directions:

1. Whisk well and take a bowl and mix all the ingredients.
2. Spread this on a cookie sheet that fits the AirFryer lined with parchment paper, introduce in the fryer and cook at 350°F and bake for 12 min.
3. Cool down and serve

Ingredients:

- 1 cup almond butter, soft
- 1 egg
- 2 tbspn. Erythritol
- 1 tbspn. Vanilla extract

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
140	12.7g	7.1g	3.6g	3.7g	14mg

Ginger plums

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>25 min</i>	<i>20min</i>	<i>6</i>

Directions:

1. In a pan that fits the AirFryer, combine the plums with the rest of the ingredients, toss gently.
2. Cook at 360°F for 20 min and put the pan in the AirFryer
3. Serve cold

Ingredients:

- 6 plums; cut into wedges
- 10 drops stevia
- Zest of 1 lemon, grated
- 2 tbspn. Water
- 1 tbspn. Ginger, ground
- ½ tbspn. Cinnamon powder

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

88	1.1g	20.9g	1.1g	11.2g	0mg
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Greek coconut

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
20 min	30min	12

Directions:

1. Take a bowl and mix all the ingredients and whisk well.
2. Pour this into a cake pan that fits the AirFryer lined with parchment paper.
3. Cook at 330°F for 30 min and put the pan in the AirFryer

Ingredients:

- ☐ Six eggs whisked
- ☐ 8 ounces. Greek yogurt
- ☐ 9 ounces. Coconut flour
- ☐ 4 tspn. Stevia
- ☐ 1 tspn. Vanilla extract
- ☐ 1 tspn. Baking powder

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
141	4.9g	18.2g	7.7g	1.1g	83mg

Healthy Bananas

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
3 min	12min	8

Directions

1. Preheat AirFryer to 350 F.
2. Combines the oil and breadcrumbs in a small bowl.
3. Coat the bananas with the cornflour first, brush them with egg white, and dip them in the breadcrumb mixture.
4. Arrange on a lined baking sheet and cook for 8-12 min.
5. Serve.

Ingredients:

- ☐ Eight bananas
- ☐ 3 tspn vegetable oil
- ☐ 3 tspn cornflour
- ☐ 1 egg white
- ☐ ¾ cup breadcrumbs

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
202	6.2g	36.4g	3.3g	15.1g	0mg

Coconut cheese

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	10min	6

Directions:

1. Take a bowl and mix all the ingredients and whisk well.
2. Divide into small ramekins, put them in the fryer, and cook at 320°F and bake for 10 min.

Ingredients:

- 8 ounces. Cream cheese, soft
- 3 eggs
- 2 tbspn. Butter; melted
- 3 tbspn. Coconut, shredded and unsweetened
- 4 tbspn. Swerve

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
292	28.9g	3.6g	5.7g	0.4g	123mg

Fruit Cream

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
25 min	20min	4

Directions:

1. Mix all the ingredients in an exceedingly bowl and whisk very well.
2. Divide this into 4 ramekins, put them within the AirFryer, and cook at 340°F for 20 min.

Ingredients:

- 1 lb. Plums pitted and minced.
- 1 ½ cups heavy cream
- ¼ cup swerve
- 1 tbspn. Lemon juice

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
209	16.7g	15.7g	1.7g	12.2g	62mg

Angel pie

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	35min	4

Directions:

1. Preheat the AirFryer oven for 5 min.
2. Mix the egg whites and cream of tartar.
3. Use a hand mixer and whisk until white and fluffy.
4. Add the rest of the ingredients except for the butter and whisk for another min. Pour into a baking dish.
5. Place in the AirFryer basket and cook for 30 min at 400°F or if a toothpick inserted in the middle comes out clean.
6. Drizzle with melted butter once cooled.

Ingredients:

- ☐ ¼ cup butter, melted
- ☐ 1 cup powdered erythritol
- ☐ 1tspn strawberry extract
- ☐ 12 egg whites
- ☐ 2tspns cream of tartar
- ☐ A pinch of salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
160	11.7g	1.8g	10.9g	0.8g	31mg

Yummy Dumplings

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	25min	4

Directions:

1. Ensure your AirFryer oven is preheated to 356 degrees.
2. Core and peel apples and mix with raisins and sugar.
3. Place a bit of apple mixture into puff pastry sheets and brush sides with melted coconut oil.
4. Place into the AirFryer. Cook 25 min, turning halfway through. It will be golden.

Ingredients:

- ☐ 2 tbspn. melted coconut oil
- ☐ 2 puff pastry sheets
- ☐ 1 tbspn. brown sugar
- ☐ 2 tbspn. raisins
- ☐ 2 small apples of choice

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
251	15.7g	27.4g	1.9g	13.5g	0mg

Soft Donuts

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<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>16min</i>	<i>9</i>

Directions:

1. Separate the biscuit dough into eight biscuits and place them on a flat surface. Use any flat circle kitchen utensil or a biscuit cutter to chop a hole within the center of every cookie. You'll also cut the holes employing a knife. Spray the AirFryer basket with vegetable oil.
2. Place 4 donuts within the AirFryer oven. Don't stack. Spray with vegetable oil. Set temperature to 350°F. Cook for 4 min.
3. Open the AirFryer and flip the donuts. Cook for an extra 4 min. Remove the cooked donuts from the AirFryer oven, then repeat for the remaining 4 donuts.
4. Drizzle chocolate sauce over the donuts and enjoy while warm.

Ingredients:

- ☐ (8-ounce) can jumbo biscuits
- ☐ Cooking oil
- ☐ Chocolate sauce

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
184	9.1g	23.1g	3g	1.6g	0mg

Wontons Sweet Cream

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>5min</i>	<i>16</i>

Directions:

1. Mix sweetener and cream cheese together.
2. Layout 4 wontons at a time and cover with a dish towel to prevent drying out.
3. Place ½ of a tspn of cream cheese mixture into each wrapper.
4. Dip finger into egg/water mixture and fold diagonally to form a triangle. Seal edges well.
5. Repeat with the remaining ingredients.
6. Place filled wontons into the AirFryer oven and cook 5 min at 400 degrees, shaking halfway through cooking.

Ingredients:

- ☐ 1 egg mixed with a bit of water
- ☐ Wonton wrappers
- ☐ ½ C. powdered erythritol
- ☐ 8 ounces softened cream cheese
- ☐ Olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
67	6.1g	1.6g	1.6g	0.1g	26mg

Wonderful French Toast

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>15min</i>	<i>8</i>

Directions:

1. Preheat the AirFryer oven to 360 degrees.
2. Whisk eggs and thin out with almond milk.
3. Mix 1/3 cup of sweetener with lots of cinnamon.
4. Tear bread in half, ball up pieces, and press together to form a ball.
5. Soak bread balls in egg and then roll into cinnamon sugar, making sure to coat thoroughly.
6. Place coated bread balls into the AirFryer oven and bake 15 min.

Ingredients:

- ☐ Almond milk
- ☐ Cinnamon
- ☐ Sweetener
- ☐ 3 eggs
- ☐ 4 pieces of wheat bread

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
65	2.6g	7g	4g	1g	61mg

Lovely Chickpeas

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>10min</i>	<i>2</i>

Directions:

1. Preheat AirFryer oven to 390 degrees.
2. Rinse and drain chickpeas.
3. Mix all ingredients and add them to the AirFryer.
4. Pour into the Oven rack/basket. On the middle-shelf of the AirFryer oven put on the rack. Set temperature to 390°F, and set time to 10 min.

Ingredients:

- ☐ 1 tbspn. sweetener
- ☐ 1 tbspn. cinnamon
- ☐ 1 C. chickpeas

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
385	6.1g	65.9g	19.4g	13.3g	0mg

Amazing fried bananas

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>10min</i>	<i>3</i>

Directions:

1. Heat coconut oil and add breadcrumbs. Mix around 2-3 min until golden. Pour into a bowl.
2. Peel and cut bananas in half. Roll the half of each banana into flour, eggs, and crumb mixture.
3. Place into the AirFryer oven. Cook 10 min at 280 degrees.
4. A great addition to a healthy banana split!

Ingredients:

- ☐ 1 C. panko breadcrumbs
- ☐ 3 tbspn. cinnamon
- ☐ ½ C. almond flour
- ☐ 3 egg whites
- ☐ Eight ripe bananas
- ☐ 3 tbspn. vegan coconut oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
644	24.7g	101.6g	14g	39.5g	0mg

Scrumptious Oreos

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>8min</i>	<i>9</i>

Directions:

1. Mix the ingredients all together with water.
2. Place a liner in the AirFryer basket with the parchment paper.
3. Spray some cooking oil over the parchment paper.
4. Dip each Oreo chocolate cookies in the pancake mixture and place it on the parchment paper without overlapping 1 another.
5. It is better to cook in batches if your AirFryer basket is small and cannot hold the entire cookies.
6. Set the temperature to 200 deg. Celsius and preheat the AirFryer.
7. Set the time into 8 min and flip half the way of cooking using a tong.
8. Drizzle the confecti1rs' sugar before serving.

Ingredients:

- ☐ Oreo chocolate cookies
- ☐ ½ cup Pancake mix
- ☐ 1 tbspn Confecti1rs' sugar
- ☐ ½ cup Water
- ☐ Cooking spray - as required
- ☐ Parchment paper - for lining

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
205	10.1g	26.8g	2.1g	18g	0mg

Adorable banana break

Prep Time	Time to cook	Serv
10 min	15min	4

Directions:

1. Take a medium-sized skillet or saucepan and melt your butter over medium heat
2. Add breadcrumbs into the melted butter and stir it for about 3-4 min
3. Once the breadcrumbs show a brown texture, remove them and keep them in a bowl
4. Take another bowl and crack in your egg
5. Take another bowl and add your flour
6. Peel your bananas carefully and slice it up
7. Mix up your sliced bananas, dredge it in your eggs and the breadcrumbs
8. Redo the process until you have used up all the bananas
9. Dust the covered bananas with some cinnamon sugar
10. Cook the bananas in your AirFryer for about 10 min at 280 degrees F (137 °C)
11. Take your serving bowl and add a scoop of ice cream (vanilla, strawberry, and chocolate)
12. Put on the top some whipped cream and serve!

Ingredients:

- ☐ 3tbspns of butter
- ☐ Bananas as required
- ☐ 3 Egg whites
- ☐ ½ a cup of cornflour
- ☐ 3tbspns of Cinnamon Sugar
- ☐ 1 A cup of Panko Bread Crumbs

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
281	10.3g	39.3g	6.7g	5.5g	23mg

Advanced Chips

Prep Time	Time to cook	Serv
5 min	10min	4

Direction:

1. Take your apples and wash them thoroughly
2. Finely chop them up into bite-sized portions
3. Take out the cooking basket of your AirFryer and add the apples to your cooking basket
4. Drizzle with some olive oil. Cook them for about 350 degrees F (176 °C) and let them cook for about 10 min. Get a substantial sized bowl and add the cooked apples.

5. Toss with some cinnamon
6. Have fun!

Ingredients:

- Six pieces of Red Apples
- 1tspn of Olive Oil
- 1tspn of Ground Cinnamon

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
185	1.8g	46.7g	0.9g	34.8g	0mg

Banana muffin

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>8min</i>	<i>5</i>

Direction:

1. To preheat your AirFryer to a temperature of 340 F (171 °C)
2. Take a small-sized bowl and add flour, water, salt, and sesame seeds
3. Mix everything well until a smooth batter is formed
4. Take your bananas and coat them up in your flour
5. Take out your cooking basket and cook them for about 8 min
6. Serve!

Ingredients:

- 150g of Plain Flour
- Five peeled and sliced bananas
- 1tspn of salt
- 30g of Sesame Seeds
- 1 cup of water

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
249	3.7g	51.3g	5.5g	14.5g	0mg

The Classical Cookies

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>18min</i>	<i>8</i>

Directions:

1. Take a small-sized bowl and beat your butter until it well and soft
2. Add sugar to the mix and keep hitting it until you have a very fluffy mixture
3. Stir in your flour, honey, milk, and chocolate. Mix everything well
4. Take out your AirFryer cooking basket and add the cookie shapes to your basket Air Fry them for about 18 min at 356 degrees F (180 °C) until the center of your cookie is fully cooked

5. Serve!

Ingredients:

- 175g of Self-Rising Flour
- 100g of Butter
- 75g of Brown Sugar
- 60g of White Chocolate
- ¼ cup of Honey
- ¼ cup of Whole Milk

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
282	13g	39.4g	3.1g	22.7g	29mg

British Fingers

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
115 min	15min	6

Directions:

1. Preheat your AirFryer to 356 degrees F (180 °C)
2. Take a bowl and add sugar, flour and mix well
3. Add butter and mix well until a smooth texture forms
4. Knead the mixture well
5. Cut up the dough into finger shapes and add some fork markings
6. Cook in your Fryer for about 12 min
7. Serve!

Ingredients:

- ¾ cup of butter
- ⅓ cup of caster sugar
- 1 and ¼ cup of plain flour

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
340	23.3g	31g	2.9g	11.2g	61mg

Unusual Marshmallow

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10min	5

Directions:

1. Preheat your AirFryer to a temperature of 360 degrees F (182 °C)
2. Take 1 of your filo sheets and brush it up with butter
3. On top of your filo sheet, place another sheet and butter it up as well

4. Keep repeating until all leaves are used up
5. Cup the stalks into 3 pieces of 3x12 inch strips
6. Take about 1tbspn of peanut butter and marshmallow fluff and add them under your filo strips
7. Hold the sheet and fold it over your mixture, forming a triangle, and then keep folding it in a zigzag manner until all of the fillings has been wrapped up
8. Take some butter and tighten
9. Add the sheets to your cooking basket and cook for about 3-5 min
10. Serve with a sprinkle of salt

Ingredients:

- 4 sheets of defrosted filo pastry
- 4tbspns of chunky peanut butter
- 4tspns of marshmallow fluff
- 2 ounces of melted butter
- Just a pinch of sea salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
288	16.5g	30.1g	6.4g	1.9g	24mg

Divine apple pie

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>25min</i>	<i>2</i>

Directions:

1. Preheat your AirFryer to a temperature of 356 degrees F (180 0°C)
2. Peel your apples and core them up
3. Take a small bowl and add your sultanas and brown sugar
4. Add your apple on the puff pastry sheets and carefully fill the core with your sultana mix
5. Fold the pastry all around the dumplings
6. Add the dumpling to a small sheet of foil and brush it up with melted butter
7. Take out your cooking basket and transfer them to the tray
8. Let them cook for about 25 min till they show a nice and fancy brown color
9. Serve!

Ingredients:

- 2 tiny pieces of apples
- 2tbspns of sultanas
- 1tbspn of brown sugar
- 2 sheets of puff pastry
- 2tbspns of melted butter

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
480	31.5g	47.1g	4.2g	26.8g	66mg

Flavorous sinker

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>15 min</i>	<i>6min</i>	<i>8</i>

Directions:

1. Line a baking sheet with parchment paper.
2. Set aside after mixing the sugar and cinnamon.
3. Remove the biscuits from the can and carefully separate them.
4. Place the biscuits onto the prepared baking sheet and, with a 1-inch round biscuit cutter, cut holes from the center of each cookie.
5. Place 4 donuts onto the lightly greased cooking pan in a single layer.
6. Arrange the drip pan at the bottom of the AirFryer Oven cooking chamber.
7. Pick "Air Fry" and then adjust the temperature to 350 degrees F.
8. Set the timer for 6 min and press the "Start."
9. When the display shows "Add Food" insert the cooking tray in the center position.
10. When the display shows "Turn Food," turn the donuts.
11. Remove the tray from Vortex when Time to cook is complete, r.
12. Brush warm donuts with melted butter and then coat with cinnamon sugar.
13. Repeat with the remaining donuts.
14. Serve warm.

Ingredients:

- ☐ ½ cup granulated sugar
- ☐ 1tbspn ground cinnamon
- ☐ 1 (16.3-ounce) can make large flaky biscuits
- ☐ Olive oil cooking spray
- ☐ 4tbspns unsalted butter, melted

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
286	14.1g	36.4g	3.8g	15.3g	15mg

Easy apple snack

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>8min</i>	<i>6</i>

Directions:

1. Rub apple slices with cinnamon and salt and place it into the AirFryer basket.
2. Cook at 390 F for 8 min. Turn halfway through.
3. Enjoy.

Ingredients:

- ☐ 3 apples, wash, core and thinly slice
- ☐ 1 tbspn ground cinnamon
- ☐ Pinch of salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
61	0.2g	16.3g	0.4g	11.6g	0mg

Selfmade Oreo

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	4min	9

Directions:

1. Place the sheet of crescent roll dough onto a flat surface and unroll it.
2. With a knife, cut the dough into nine even squares.
3. Wrap each cookie in 1 dough square completely.
4. Arrange the Oreos onto a cooking tray.
5. Arrange the drip pan at the bottom of the AirFryer Oven cooking chamber.
6. Choose "Air Fry" and then adjust the temperature to 360 degrees F.
7. Set the timer for 4 min and press the "Start."
8. When the display shows "Add Food" insert the cooking tray in the center position.
9. When the display shows "Turn Food," turn the Oreos.
10. Remove the tray from Vortex when Time to cook is complete,
11. Serve warm.

Ingredients:

- ☐ 1 crescent sheet roll
- ☐ 9 Oreo cookies

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
47	1.9g	7.2g	0.5g	4.1g	0mg

Jamaica pie

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	35min	6

Directions:

1. In a bowl, add all the ingredients and with an electric mixer, beat until well combined.
2. Arrange a parchment paper in the bottom of a greased 8-inch pan.
3. Now, arrange a foil piece around the cake pan.
4. Place the mixture into the prepared baking pan, and with the back of a spoon, smooth the top surface.
5. Arrange the drip pan at the bottom of the AirFryer Oven cooking chamber.
6. Select "Air Dry" and then adjust the temperature to 325 degrees F. Set the timer for 25 min and press the "Start." When the display shows "Add Food" place the baking pan over the drip pan. When the display shows "Turn Food," do nothing.
7. When Time to cook is complete, remove the pan from Vortex and place onto a wire rack to cool for about 10 min.
8. Carefully, invert the cake onto a wire rack to cool completely before cutting.

9. Cut into desired-sized slices and serve.

Ingredients:

- ½ package yellow cake mix
- ½ (3.4-ounce) package Jell-O instant pudding
- 2 eggs
- ¼ cup of vegetable oil
- ¼ cup of water
- ¼ cup dark rum

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
369	15.6g	47.3g	3.8g	19g	55mg

Flavor apples

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10min	6

Directions:

1. Add apple slices in a mixing bowl and sprinkle sweetener, apple pie spice, and coconut oil over apple and toss to coat.
2. Transfer apple slices in the AirFryer dish.
3. Place dish in the AirFryer basket and cook at 350 F for 10 min.
4. Enjoy.

Ingredients:

- 4 small apples, sliced
- 2 tbspn coconut oil, melted
- 1 tbspn apple pie spice
- 1/2 cup erythritol

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
120	4.9g	37.2g	0.5g	15.5g	0mg

Ricotta Pie

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	30min	6

Directions:

1. Adding all ingredients into the bowl and mix until well combined.
2. Pour batter into the greased AirFryer baking dish.
3. Place dish into the AirFryer basket and cook at 350 F for 30 min.
4. Slice and serve.

Ingredients:

- ☐ 3 eggs, lightly beaten
- ☐ 1 tbspn baking powder
- ☐ 1/2 cup ghee, melted
- ☐ 1 cup almond flour
- ☐ 1/3 cup Swerve
- ☐ 1 cup ricotta cheese, soft

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
353	31.3g	7.6g	11.5g	0.3g	138mg

Pleasant cream

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>20min</i>	<i>2</i>

Directions:

1. Add eggs in a bowl and beat using a hand mixer.
2. Add cream cheese, sweetener, vanilla, and almond milk and beat for 2 min. Spray 2 ramekins with cooking spray.
3. Pour batter into the prepared ramekins.
4. Preheat the color AirFryer to 350 F.
5. Place ramekins into the AirFryer basket and cook for 20 min.

Ingredients:

- ☐ Five eggs
- ☐ 1/2 cup unsweetened almond milk
- ☐ 1/2 cup cream cheese
- ☐ 2 tbspn swerve
- ☐ 1 tbspn vanilla

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
393	32g	5.7g	18.5g	1.8g	473mg

Norwegian pint cake

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>10min</i>	<i>1</i>

Directions:

1. Add baking powder, protein powder, and cocoa powder in a heat-safe mug and mix well.
2. Add milk and Stir.
3. Place the mug in the AirFryer basket and cook at 390 F for 10 min.

Ingredients:

- 1 scoop chocolate protein powder
- 1/2 tbspn baking powder
- 1/4 cup unsweetened almond milk
- 1 tbspn cocoa powder

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
84	2.4g	9g	11.2g	1.1g	20mg

Swiss fondue

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>5min</i>	<i>6</i>

Directions:

1. Set the AirFryer to 375 degrees F for 8 min.
2. Combine white chocolate with fresh cream and sugar in a ramekin.
3. Place the ramekin on the cooking tray. Insert the cooking tray in the Vortex when it displays "Add Food." Remove from the oven when Time to cook is complete.
4. Stir in the candied orange peel and orange essence to serve in a fondue pot.

Ingredients:

- 250 g of Swiss white chocolate
- 2½ tspns of sugar
- 2½ tspns of orange essence
- 2½ tspns of candied orange peel, minced finely
- 250 g of fresh cream

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
343	22.6g	31.8g	3.8g	29.6g	40mg

Pineapple hunk

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>35 min</i>	<i>20min</i>	<i>4</i>

Directions:

1. Add pineapple slices, sweetener, and cinnamon into the zip-lock bag. Shake well and place into the fridge for 30 min.
2. Preheat the color AirFryer to 350 F.
3. Place pineapples slices into the AirFryer basket and cook for 20 min. Turn halfway through.

Ingredients:

- ▢ 4 pineapple slices
- ▢ 2 tbspn erythritol
- ▢ 1 tbspn cinnamon

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
84	0g	26.4g	1.1g	17.1g	0mg

- ▢ 4 pineapple slices
- ▢ 2 tbspn erythritol
- ▢ 1 tbspn cinnamon

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
84	0g	26.4g	1.1g	17.1g	0mg

Vegetables and Meatless Meals

Fabulous Roasted Brussels sprouts

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>8 min</i>	<i>4</i>

Directions:

1. Add all ingredients into the large bowl and toss well.
2. Pour Brussels sprout mixture into the AirFryer basket.
3. Cook Brussels sprouts at 390 F for 8 min.
4. Enjoy.

Ingredients:

- 1 lb Brussels sprouts, cleaned and trimmed
- 1 tspn garlic powder
- 1 tspn dried parsley
- 2 tspn olive oil
- 1/2 tspn dried thyme
- 1/4 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
117	7.5g	12.1g	4.3g	3g	0mg

Perfect Crispy Tofu

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>25 min</i>	<i>20 min</i>	<i>4</i>

Directions:

1. In a bowl, toss tofu with oil, vinegar, and soy sauce and let sit for 15 min.
2. Toss marinated tofu with arrowroot flour.
3. Spray AirFryer basket with cooking spray.
4. Add tofu in AirFryer basket and cook for 20 min at 370 F. Shake basket halfway through.
5. Enjoy.

Ingredients:

- 1 block firm tofu, pressed and cut into 1-inch cubes
- 1 tspn arrowroot flour
- 2 tspn sesame oil
- 1 tspn vinegar
- 2 tspn soy sauce

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

82	7.8g	1.3g	2.4g	0.3g	0mg
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Crisp & Tender Brussels sprouts

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10 min	2

Directions:

1. Add all ingredients into the large bowl and toss well.
2. Spray AirFryer basket with cooking spray.
3. Transfer Brussels sprouts mixture into the AirFryer basket.
4. Cook Brussels sprouts at 400 F for 10 min.
5. Shake basket halfway through.
6. Enjoy.

Ingredients:

- ☐ 2 cups Brussels sprouts, sliced
- ☐ 1 tbspn balsamic vinegar
- ☐ 1 tbspn olive oil
- ☐ 1/4 tbspn sea salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
100	7.3g	8.1g	3g	1.9g	0mg

DreamyAsian Green Beans

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	10 min	2

Directions:

1. Add all ingredients into the large mixing bowl and toss well.
2. Spray AirFryer basket with cooking spray.
3. Transfer green beans in AirFryer basket and cook at 400 F for 10 min.
4. Toss halfway through.
5. Enjoy.

Ingredients:

- ☐ 8 ounces' green beans, trimmed and cut in half
- ☐ 1 tbspn sesame oil
- ☐ 1 tbspn tamari

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
101	7g	8.6g	3g	1.7g	0mg

Roasted Eggplant

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>12 min</i>	<i>2</i>

Directions:

1. Spray AirFryer basket with cooking spray.
2. Add all ingredients into the mixing bowl and toss well.
3. Transfer eggplant mixture into the AirFryer basket and cook at 390 F for 6 min. Toss well and cook for 6 min more.
4. Enjoy.

Ingredients:

- 1 eggplant, washed and cubed
- 1/2 tspn garlic powder
- 1/4 tspn marjoram
- 1/4 tspn oregano
- 1 tspn olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
127	7.5g	15.5g	2.7g	7.4g	0mg

Glorious Curried Eggplant Slices

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>10 min</i>	<i>2</i>

Directions:

1. Preheat the AirFryer to 300 F.
2. Add all ingredients into the large mixing bowl and toss to coat.
3. Transfer eggplant slices into the AirFryer basket.
4. Cook eggplant slices for 10 min or until lightly brown. Shake basket halfway through.
5. Enjoy.

Ingredients:

- 1 large eggplant, cut into 1/2-inch thick slices
- 1 garlic clove, diced
- 1 tspn olive oil
- 1/2 tspn curry powder
- 1/8 tspn turmeric
- Salt
-

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
126	7.7g	15.2g	2.6g	6.9g	0mg

Healthy Green Beans

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>6 min</i>	<i>4</i>

Directions:

1. Spray AirFryer basket with cooking spray.
2. Preheat the AirFryer to 400 F.
3. Add green beans in AirFryer basket and season with pepper and salt.
4. Cook green beans for 6 min. Turn halfway through.
5. Enjoy.

Ingredients:

- ☐ 1 lb green beans, trimmed
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
35	0.1g	8.1g	2.1g	1.6g	0mg

Great Roasted Broccoli

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>7 min</i>	<i>4</i>

Directions:

1. Add broccoli, oil, pepper, and salt in a bowl and toss well.
2. Add 1/4 cup of water into the bottom of AirFryer (under the basket).
3. Transfer broccoli into the AirFryer basket and cook for 7 min at 400 F.
4. Enjoy.

Ingredients:

- ☐ 4 cups broccoli florets
- ☐ 1/4 cup water
- ☐ 1 tbspn olive oil
- ☐ 1/4 tbspn pepper
- ☐ 1/8 tbspn kosher salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
62	3.8g	6.3g	2.6g	1.6g	0mg

Air Fried Onion & Bell Peppers

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>

10 min	25 min	3
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Directions:

1. Add all ingredients into the large mixing bowl and toss well.
2. Preheat the AirFryer to 320 F.
3. Transfer bell pepper and onion mixture into the AirFryer basket and cook for 15 min.
4. Toss well and cook for 10 min more.
5. Enjoy.

Ingredients:

- ☐ 6 bell pepper, sliced
- ☐ 1 tbspn Italian seasoning
- ☐ 1 tbspn olive oil
- ☐ 1 onion, sliced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
145	6.7g	21.9g	2.8g	14g	3mg

Wonderful Roasted Peppers

Prep Time	Time to cook	Serv
5 min	8 min	3

Directions:

1. Spray AirFryer basket with cooking spray.
2. Add bell peppers into the AirFryer basket and cook at 360 F for 8 min.
3. Season peppers with pepper and salt.
4. Enjoy.

Ingredients:

- ☐ 3 1/2 cups bell peppers, cut into chunks
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
44	0.4g	10.5g	1.4g	7g	0mg

Parmesan Broccoli

Prep Time	Time to cook	Serv
10 min	5 min	2

Directions:

1. Preheat the AirFryer to 360 F.
2. Add all ingredients into the large bowl and toss well.
3. Transfer broccoli mixture into the AirFryer basket and cook for 4-5 min.

4. Enjoy.

Ingredients:

- 3 cups broccoli florets
- 1/4 cup parmesan cheese, grated
- 2 tbspn olive oil
- 2 garlic cloves, diced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
193	16g	10.3g	6.3g	2.4g	5mg

Easy Air Fried Asparagus

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>7 min</i>	<i>2</i>

Directions:

1. Brush asparagus with olive oil and season with pepper and salt.
2. Place asparagus into the AirFryer basket and cook at 400 F for 7 min.
3. Shake halfway through.
4. Enjoy.

Ingredients:

- 1 lb asparagus
- 1/4 tbspn olive oil
- Pepper
- Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
61	2g	8.8g	5g	4.3g	0mg

Gluten-Free Beans

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>10 min</i>	<i>2</i>

Directions:

1. Add all ingredients into the zip-lock bag and shake well.
2. Place green beans into the AirFryer basket and cook at 400 F for 10 min. Turn halfway through.
3. Enjoy.

Ingredients:

- 8 ounces' green beans, cut ends and cut beans in half
- 1 tbspn sesame oil

□ 1 tbspn tamari

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
101	7g	8.6g	3g	1.7g	0mg

Exciting AirFryer Mushrooms

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>8 min</i>	<i>1</i>

Directions:

1. Add all ingredients into the bowl and toss well.
2. Spray AirFryer basket with cooking spray.
3. Transfer mushrooms into the AirFryer basket and cook at 380 F for 8 min. Toss halfway through.
4. Enjoy.

Ingredients:

- 12 button mushrooms, cleaned
- 1 tbspn olive oil
- 1/4 tbspn garlic salt
- Pepper
- Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
174	14.6g	8.7g	7.1g	4.2g	0mg

Roasted Acorn Squash

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>25 min</i>	<i>4</i>

Directions:

1. Preheat the AirFryer to 370 F.
2. Remove seed from squash and cut into 3/4-inch slices.
3. Add squash slices, olive oil, thyme, parmesan cheese, pepper, and salt in a bowl and toss to coat.
4. Add squash slices into the AirFryer basket and cook for 25 min. Turn halfway through.
5. Enjoy.

Ingredients:

- 1 large acorn squash, cut in half lengthwise
- 2 tbspn olive oil
- 1/4 cup parmesan cheese, grated
- 1/4 tbspn pepper

□ 8 fresh thyme sprigs

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
130	8.3g	15.1g	2.5g	0.1g	3mg

Soulful Cheesy Ranch Broccoli

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	24 min	6

Directions:

1. Add all ingredients into the large bowl and toss well to coat.
2. Spread broccoli mixture into the AirFryer baking dish and place into the AirFryer.
3. Cook at 350 F for 24 min.
4. Stir and serve.

Ingredients:

- 4 cups broccoli florets
- 1/2 cup cheddar cheese, shredded
- 1/4 cup ranch dressing
- 1/4 cup heavy whipping cream
- Pepper
- Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
79	5.2g	4.8g	4.3g	1.4g	17mg

Cheesy Brussels sprouts

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	8 min	6

Directions:

1. Preheat the AirFryer to 325 F.
2. Melt butter in a pan over medium-high heat. Add Brussels sprouts and water. Stir.
3. Cover and steam for 5 min.
4. Transfer Brussels sprouts into the AirFryer baking dish. Set aside.
5. Add cream cheese into the same pan and melt over medium heat.
6. Add cheese and heavy cream and whisk until smooth.
7. Pour cheese mixture over Brussels sprouts.
8. Place dish into the AirFryer and cook for 8 min.
9. Enjoy.

Ingredients:

- 2 lbs Brussels sprouts, cleaned and halved
- 1 cup heavy cream

- ☐ 4 ounces cream cheese
- ☐ 1 cup Asiago cheese, shredded
- ☐ 2 tspn water
- ☐ 2 tspn butter

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
267	21g	14.8g	9.4g	3.3g	67mg

Hearty Roasted Carrots

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	25 min	6

Directions:

1. Preheat the AirFryer to 350 F.
2. In a bowl, mix together oil, carrots, basil, garlic, and salt.
3. Transfer carrots into the AirFryer basket and cook for 20-25 min. Shake basket 2-3 times while cooking.
4. Garnish with parsley and serve.

Ingredients:

- ☐ 16 small carrots
- ☐ 1 tspn fresh parsley, minced
- ☐ 1 tspn dried basil
- ☐ 6 garlic cloves, diced
- ☐ 4 tspn olive oil
- ☐ 1 1/2 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
139	9.4g	14.2g	1.3g	6.6g	0mg

Brussels sprouts with Garlic

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	30 min	8

Directions:

1. Preheat the AirFryer to 370 F.
2. In a bowl, mix together Brussels sprouts, coconut oil, and garlic.
3. Transfer Brussels sprouts into the AirFryer basket and cooks for 30 min. Shake basket halfway through.
4. Season with pepper and salt.
5. Enjoy.

Ingredients:

- 2 lbs Brussels sprouts, trimmed and quartered
- 2 tbspn coconut oil, melted
- 5 garlic cloves, sliced
- 1/8 tbspn pepper
- 1 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
81	3.8g	11g	4g	2.5g	0mg

Beans with Mushrooms

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	20 min	4

Directions:

1. Preheat the AirFryer to 370 F.
2. In a bowl, combine together olive oil, pepper, garlic, and salt.
3. Pour olive oil mixture over green beans and mushrooms and stir to coat.
4. Spread green beans and mushroom mixture into the AirFryer basket and cook for 20 min.
5. Enjoy.

Ingredients:

- 2 cups green beans, clean and cut into pieces
- 1/4 cup olive oil
- 2 cups mushrooms, sliced
- 2 tbspn garlic, diced
- 1 tbspn pepper
- 1 tbspn sea salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
143	12.8g	7.5g	2.6g	1.4g	0mg

Garlic Thyme Mushrooms

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	23 min	2

Directions:

1. Preheat the AirFryer to 370 F.
2. Spray AirFryer basket with cooking spray.
3. In a bowl, combine together mushrooms, pepper, salt, thyme, and oil.
4. Spread mushrooms into the AirFryer basket and cook for 20 min. Shake basket halfway through.
5. Add garlic and Stir and cook for 2-3 min.
6. Enjoy.

Ingredients:

- 10 ounces mushrooms, quartered
- 1 tspn thyme, minced
- 2 tspn olive oil
- 2 garlic cloves, sliced
- 1/4 tspn pepper
- 1/4 tspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
161	14.6g	7g	4.9g	2.5g	0mg

Nourishing Roasted Mushrooms

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	15 min	4

Directions:

1. Add mushrooms in a bowl with remaining ingredients and toss well.
2. Transfer mushrooms into the AirFryer basket and cook at 320 F for 15 min. Toss halfway through.
3. Enjoy.

Ingredients:

- 2 lbs mushrooms, clean and quarters
- 2 tspn vermouth
- 2 tspn herb de Provence
- 1/2 tspn garlic powder
- 1 tspn butter, melted

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
83	3.5g	8.7g	7.3g	4.2g	8mg

Zucchini Fries

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	15 min	2

Directions

1. Preheat the AirFryer to 390 F.
2. Add all ingredients into the bowl and mix well.
3. Place coated zucchini fries in AirFryer basket and air fry for 15 min.
4. Enjoy.

Ingredients:

- 2 medium zucchini, cut into French fries shape
- 2 tbspn arrowroot powder
- 1 tbspn water
- 1/2 tbspn olive oil
- Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
96	3.9g	14.6g	2.4g	3.4g	0mg

Easy Taro Fries

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>20 min</i>	<i>2</i>

Directions:

1. Add taro slice in a bowl and toss well with olive oil and salt.
2. Transfer taro slices into the AirFryer basket.
3. Cook at 360 F for 20 min. Toss halfway through.
4. Enjoy.

Ingredients:

- 8 small taros, peel and cut into fries shape
- 1 tbspn olive oil

1/2 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
147	7.2g	20.6g	1.2g	0.3g	0mg

Scrummy Beetroot Chips

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>15 min</i>	<i>4</i>

Directions:

1. Sprinkle rosemary and salt on the beetroot slices.
2. Preheat the AirFryer to 300 F.
3. Add beetroot slices into the AirFryer basket. Drizzle beetroot slices with olive oil.
4. Cook for 15 min. Shake basket after every 5 min while cooking.
5. Enjoy.

Ingredients:

- 2 medium beetroot, wash, peeled, and sliced thinly
- 1 tbspn olive oil
- 1 sprig rosemary, minced
- Salt

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Calories	Fat	Carbs	Protein	Sugar	Cholesterol
55	3.7g	5.5g	0.9g	4g	0mg

Ricotta Mushrooms

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	12 min	2

Directions:

1. Coat mushrooms with olive oil.
2. Transfer mushrooms into the AirFryer basket and cook at 350 F for 2 min.
3. In a bowl, mix together remaining ingredients.
4. Stuff bowl mixture into the mushrooms and place into the AirFryer basket and cook for 10 min more.
5. Enjoy.

Ingredients:

- ☐ 4 large Portobello mushrooms caps
- ☐ 1 tbspn olive oil
- ☐ 1/4 cup parmesan cheese, grated
- ☐ 1/4 tbspn rosemary, minced
- ☐ 1 cup spinach, minced
- ☐ 1/4 cup ricotta cheese

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
150	11.1g	4.6g	8.2g	0.2g	15mg

Appetizing Green Beans With Almonds

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	15 min	2

Directions:

1. Add all ingredients into the large bowl and toss well.
2. Transfer green bean mixture into the AirFryer basket and cook at 400 F for 15 min.
3. Enjoy.

Ingredients:

- ☐ 1/4 cup almonds, toasted
- ☐ 1 1/2 lbs green beans, trimmed and steamed
- ☐ 2 tbspn olive oil
- ☐ 1/2 lb shallots, minced
- ☐ Pepper
- ☐ Salt

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Calories	Fat	Carbs	Protein	Sugar	Cholesterol
376	20.5g	45.9g	11.6g	5.3g	0mg

Tasty Herb Tomatoes

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	15 min	4

Directions:

1. Add all ingredients into the bowl and toss well.
2. Transfer tomatoes into the AirFryer basket and cook at 390 F for 15 min.
3. Enjoy.

Ingredients:

- ☐ 2 large tomatoes, halved
- ☐ 1 tbspn olive oil
- ☐ 1/2 tbspn thyme, minced
- ☐ 2 garlic cloves, diced
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
50	3.7g	4.3g	0.9g	2.4g	0mg

Cute Curried Sweet Potato Fries

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	20 min	3

Directions:

1. Add all ingredients into the mixing bowl and toss to coat.
2. Transfer sweet potato fries into the AirFryer basket and cook at 370 F for 20 min.
3. Toss halfway through.
4. Enjoy.

Ingredients:

- ☐ 2 sweet potatoes, peeled and cut into fries' shape
- ☐ 1/4 tbspn ground coriander
- ☐ 1/2 tbspn curry powder
- ☐ 2 tbspn olive oil
- ☐ Pepper
- ☐ Salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

121	9.5g	9.4g	0.8g	1.8g	0mg
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Basil Tomatoes

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10 min	2

Directions:

1. Drizzle cut sides of the tomato halves with cooking spray evenly.
2. Sprinkle with salt, black pepper, and basil.
3. Press "Power Button" of Air Fry Oven and turn the dial to select the "Air Fry" mode.
4. Press the Time button and again turn the dial to set the Time to cook to 10 min.
5. Now push the Temp button and rotate the dial to set the temperature at 320 degrees F.
6. Press the "Start/Pause" button to start.
7. When the unit beeps to show that it is preheated, open the lid.
8. Arrange the tomatoes in "Air Fry Basket" and insert them in the oven.
9. Serve warm.

Ingredients:

- ☐ 3 tomatoes halved
- ☐ Olive oil cooking spray
- ☐ Salt and ground black pepper, as required
- ☐ 1 tbspn fresh basil, minced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
55	3.8g	5.4g	1.3g	3.6g	0mg

Toothsome Caramelized Baby Carrots

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	15 min	4

Directions:

1. In a bowl, mix the butter, brown sugar, and carrots.
2. Press "Power Button" of Air Fry Oven and turn the dial to select the "Air Fry" mode.
3. Press the Time button and again turn the dial to set the Time to cook to 15 min.
4. Press the "Start/Pause" button to start.
5. When the unit beeps to show that it is preheated, open the lid.
6. Arrange the carrots in greased "Air Fry Basket" and insert it in the oven.
7. Serve warm.

Ingredients:

- ☐ ½ cup butter, melted
- ☐ ½ cup brown sugar
- ☐ 1 lb. bag baby carrots

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Calories	Fat	Carbs	Protein	Sugar	Cholesterol
312	23.2g	27.1g	1g	23g	61mg

Sweetly Pesto Tomatoes

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	14 min	4

Directions:

1. Spread some pesto on each slice of tomato.
2. Top each tomato slice with a feta slice and onion and drizzle with oil.
3. Press "Power Button" of Air Fry Oven and turn the dial to select the "Air Fry" mode.
4. Press the Time button and again turn the dial to set the Time to cook to 14 min.
5. Now push the Temp button and rotate the dial to set the temperature at 390 degrees F.
6. Press the "Start/Pause" button to start.
7. When the unit beeps to show that it is preheated, open the lid.
8. Arrange the tomatoes in greased "Air Fry Basket" and insert them in the oven.
9. Serve warm.

Ingredients:

- 3 large heirloom tomatoes, cut into ½ inch thick slices.
- 1 cup pesto
- 8 ounces. feta cheese, cut into ½ inch thick slices.
- ½ cup red onions, sliced thinly
- 1tbspn olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
565	49.8g	13.7g	18g	6.9g	76mg

Sweet & Spicy Parsnips

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	44 min	5

Directions:

1. Mix the parsnips and butter in a large bowl,
2. Set the Time to cook to 44 min and the temperature at 355 degrees F.
3. When the unit beeps to show that it is preheated, open the lid.
4. Arrange the squash chunks in greased "Air Fry Basket" and insert it in the oven.
5. Mix the remaining ingredients meanwhile, in another large bowl.
6. After 40 min of cooking, press the "Start/Pause" button to pause the unit.
7. Transfer the parsnips chunks into the bowl of honey mixture and toss to coat thoroughly.

8. Again, arrange the parsnip chunks in “Air Fry Basket” and cook to 4 min.
9. Serve hot.

Ingredients:

- ☐ ½ lbs. parsnip, peeled and cut into 1-inch chunks
- ☐ 1 tbspn butter, melted
- ☐ 2 tbspns honey
- ☐ 1 tbspn dried parsley flakes, crushed
- ☐ ¼ tspn red pepper flakes, crushed
- ☐ Salt and ground black pepper, as required

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
81	2.5g	15.2g	0.6g	9.1g	6mg

Dreamy Roasted Beans

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>30 min</i>	<i>6</i>

Directions:

1. In a massive bowl, add all comp1nts and toss them well.
2. Arrange green beans into the AirFryer AirFryer basket and place basket in the pot.
3. Seal the pot with AirFryer lid and select bake mode and cook at 400 F for 25-30 min.
4. Enjoy.

Ingredients:

- ☐ 1 lb green beans
- ☐ 1/2 tbspn onion powder
- ☐ 2 tbspn olive oil
- ☐ 3/4 tbspn garlic powder
- ☐ 1/2 tbspn pepper
- ☐ 1/2 tbspn salt

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
70	4.8g	7g	1.7g	1.5g	0mg

Luscious Stuffed Tomatoes

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>15 min</i>	<i>15 min</i>	<i>2</i>

Directions:

1. Carefully cut the top of each tomato and scoop out pulp and seeds.
2. In a bowl, mix minced broccoli, cheese, salt, and black pepper.
3. Stuff each tomato with broccoli mixture evenly.

4. Arrange the tomatoes in greased "Air Fry Basket" and insert them in the oven.
5. Set the Time to cook to 15 min and temperature at 355 degrees F.
6. Serve warm with the garnishing of thyme.

Ingredients:

- 2 large tomatoes
- ½ cup broccoli, minced finely
- ½ cup Cheddar cheese, shredded
- Salt and ground black pepper, as required
- 1tbspn unsalted butter, melted
- ½ tspn dried thyme, crushed

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
206	15.6g	9.1g	9.4g	5.3g	45mg

Magical Parmesan Asparagus

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>10 min</i>	<i>3</i>

Directions:

1. In a bowl, mix the asparagus, cheese, butter, garlic powder, salt, and black pepper.
2. Press "Power Button" of Air Fry Oven and turn the dial to select the "Air Fry" mode.
3. Press the Time button and again turn the dial to set the Time to cook to 10 min.
4. Now push the Temp button and rotate the dial to set the temperature at 400 degrees F.
5. Press the "Start/Pause" button to start.
6. When the unit beeps to show that it is preheated, open the lid.
7. Arrange the veggie mixture in greased "Air Fry Basket" and insert it in the oven.
8. Serve hot.

Ingredients:

- 1 lb. fresh asparagus, trimmed
- 1tbspn Parmesan cheese, grated
- 1tbspn butter, melted
- 1tspn garlic powder
- Salt and ground black pepper, as required

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
82	5g	6.7g	5g	3.1g	14mg

Wonderful Almond Asparagus

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>15 min</i>	<i>6 min</i>	<i>3</i>

Directions:

1. In a bowl, mix the asparagus, almonds, oil, vinegar, salt, and black pepper.
 2. Press "Power Button" of Air Fry Oven and turn the dial to select the "Air Fry" mode.
 3. Press the Time button and again turn the dial to set the Time to cook to 6min.
 4. Now push the Temp button and rotate the dial to set the temperature at 400 degrees F.
Press the "Start/Pause" button to start
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1. When the unit beeps to show that it is preheated, open the lid.
 2. Arrange the veggie mixture in greased "Air Fry Basket" and insert it in the oven.
 3. Serve hot.

Ingredients:

- ☐ 1 lb. asparagus
- ☐ 2 tbsps olive oil
- ☐ 2 tbsps balsamic vinegar
- ☐ Salt and ground black pepper, as required
- ☐ 1/3 cup almonds, sliced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
174	14.8g	8.2g	5.6g	3.3g	0mg

Carrot with Spinach

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>15 min</i>	<i>35 min</i>	<i>4</i>

Directions:

1. In a bowl, mix 2 tspns of the butter and carrots.
2. Press "Power Button" of Air Fry Oven and turn the dial to select the "Air Fry" mode.
3. Press the Time button and again turn the dial to set the Time to cook to 35 min.
4. Presently thrust the Temp button and turn the dial to set the temperature at 400 degrees F.
5. Press the "Start/Pause" button to start.
6. When the unit beeps to show that it is preheated, open the lid.
7. Arrange the carrots in greased "Air Fry Basket" and insert it in the oven.
8. Mix remaining butter meanwhile, in a large bowl, zucchini, basil, salt, and black pepper.
9. After 5 min of cooking, place the zucchini mixture into the basket with carrots.
10. Toss the vegetable mixture 2-3 times during the cooking.
11. Serve hot.

Ingredients:

- ☐ 4 tspns butter, melted and divided
- ☐ ¼ lb. carrots, peeled and sliced
- ☐ 1 lb. zucchinis, sliced
- ☐ 1 tbspn fresh basil, minced
- ☐ Salt and ground black pepper, as required

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

64	4g	6.6g	1.7g	3.4g	10mg
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Pretty Baby Bok Choy

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	5 min	4

Directions:

1. Switch on the Air Fryer, insert the fryer basket, then shut it with the lid, set the frying temperature 350 degrees F, and let it preheat for 5 min.
2. Meanwhile, prepare the bok choy and for this, slice off the bottom, separate the leaves, rinse and drain well.
3. Open the preheated fryer, place bok choy in it, spray generously with olive oil, sprinkle with garlic powder, shake well, close the lid and cook for 6 min until golden brown and toasted, stirring halfway.
4. Transfer bok choy to a dish and serve straight away.

Ingredients:

- ☐ 4 bunches of babies bok choy
- ☐ 1 tspn garlic powder
- ☐ Olive oil spray

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
14	0.2g	2.4g	1.4g	1.2g	0mg

Broccoli with Olives

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	15 min	6

Directions:

1. In a pan of the boiling water, add the broccoli and cook for about 3-4 min.
2. Drain the broccoli well.
3. In a bowl, place the broccoli, oil, salt, and black pepper and toss to coat thoroughly.
4. Set the Time to cook to 15 min. and the temperature at 355 degrees F.
5. When the unit beeps to show that it is preheated, open the lid.
6. Arrange the broccoli in greased "Air Fry Basket" and insert it in the oven.
7. After 8 min of cooking, toss the broccoli florets.
8. When the broccoli is ready, transfer the broccoli into a large bowl and immediately stir in the olives, lemon zest, and cheese.
9. Serve immediately.

Ingredients:

- ☐ ☐ 1 broccoli head stemmed and cut into 1-inch florets
- ☐ ☐ 2tbspns olive oil
- ☐ ☐ Salt and ground black pepper, as required

- ☐ 1/3 cup Kalamata olives, halved and pitted
- ☐ 2tspns fresh lemon zest, grated
- ☐ 1/4 cup Parmesan cheese, grated

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
69	6.5g	1.8g	2g	0.3g	3mg

Super Oat and Chia Porridge

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	5 min	4

Directions:

1. Preheat your Air Fryer to 390°F.
2. Whisk the peanut butter, butter, milk and Stevia in a bowl. Stir in the oats and chia seeds.
3. Put the mixture into an oven-proof dish and place in the Air Fryer and cook for 5-min.

Ingredients:

- ☐ 2tbspns peanut butter
- ☐ 2tspns liquid Stevia
- ☐ 1tbspn butter, melted
- ☐ 4 cups of milk
- ☐ 2 cups oats
- ☐ 1 cup chia seeds

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
418	18.9g	47.2g	17.8g	12.2g	28mg

AirFryer Asparagus

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	8 min	2

Directions:

1. Wash asparagus and then trim off thick, woody ends.
2. Spray asparagus with olive oil spray and sprinkle with yeast.
3. Add the asparagus to the Air Fryer rack/basket in a single layer. Set temperature to 360°F, and cook to 8 min.

Ingredients:

- ☐ Nutritional yeast
- ☐ Olive oil non-stick spray
- ☐ 1 bunch of asparagus

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Calories	Fat	Carbs	Protein	Sugar	Cholesterol
34	0.3g	6g	4g	2.3g	0mg

Almond Flour Battered Crisped Onion Rings

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	15 min	3

Directions

1. Preheat the Air Fryer oven for 5 min.
2. In a mixing bowl, mix the almond flour, baking powder, smoked paprika, salt, and pepper.
3. In another bowl, combine the eggs and coconut milk.
4. Soak the onion slices into the egg mixture.
5. Dredge the onion slices in the almond flour mixture.
6. Pour into the Oven rack/basket. Place the temperature to 325°F, and set time to 15 min. Select START/STOP to begin. Shake the fryer basket for even cooking.

Ingredients:

- ☐ ½ cup almond flour
- ☐ ¾ cup of coconut milk
- ☐ 1 big white onion, sliced into rings
- ☐ 1 egg, beaten
- ☐ 1 tbspn baking powder
- ☐ 1 tbspn smoked paprika

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
302	25g	15.7g	8.1g	4.5g	55mg

Brussels Sprouts with Balsamic Oil

Prep Time Time to cook Serv
5 min 15 min 4

Directions:

1. Preheat the Air Fryer oven for 5 min.
2. Put all together ingredients in a bowl until the brussels sprouts are well coated.
3. Place in the Air Fryer oven basket.
4. Close and cook for 10 min for 350°F.

Ingredients:

- ☐ ¼ tspn salt
- ☐ 1 tbspn balsamic vinegar
- ☐ 2 cups Brussels sprouts, halved
- ☐ tbspn olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

50	3.7g	4g	1.5g	1g	0mg
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Simple Crunchy Potato Cubes

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	15 min	4

Directions:

1. Cut potatoes into cubes
2. Sprinkle potato cubes with dill, oregano and chili flakes
3. Mix potatoes, pre-heat your Air Fryer to 400 degrees F in AIR FRY mode
4. Transfer to Air Fryer and cook for 15 min
5. Stir while cooking, once they are crunchy
6. Enjoy!

Ingredients:

- ☐ 1 pound potato, peeled
- ☐ 1tbspn olive oil
- ☐ 1tspn dried dill
- ☐ 1tspn dried oregano
- ☐ 1/4 tspn chili flakes

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
119	3.7g	20.2g	2.4g	0.9g	0mg

Baby Carrots

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	12 min	4

Directions:

1. Pre-heat your Fryer to 350-degree F in AIR FRY mode.
2. Take a mixing bowl and add oil, honey, and carrots
3. Give it a gentle stir and make sure that they are coated well
4. Season with some dill, pepper, and salt
5. Transfer the mix to your fryer and cook for 12 min and enjoy!

Ingredients:

- ☐ 1-pound baby carrots
- ☐ 1 tspn dried dill
- ☐ 1 tbspn olive oil
- ☐ 1 tbspn honey
- ☐ Salt and pepper to taste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

86	3.7g	13.8g	0.8g	9.7g	0mg
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Charming Carrot Roast with Cumin

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	10 min	4

Directions:

1. Pre-heat your Fryer to 350-degree F in "AIR FRY" mode
2. Take a mixing bowl and add oil, cumin, coriander and carrots
3. Give it a gentle stir and make sure that they are coated well
4. Transfer the mix to your fryer and cook for 10 min and enjoy!

Ingredients:

- ☐ ☐ 21 ounces carrots, peeled
- ☐ ☐ 1 tbspn olive oil
- ☐ ☐ 1 tspn cumin seeds
- ☐ ☐ Handful fresh coriander

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
94	3.7g	15.1g	1.4g	7.4g	0mg

Maple Roasted Brussels Sprouts

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	10 min	2

Directions:

- 1 . Switch on the Air Fryer, insert the fryer basket, then shut it with the lid, set the frying temperature 400 degrees F, and let it preheat for 5 min.
- 2 . Meanwhile, take a large bowl, add Brussel sprouts in it, season with salt, drizzle with balsamic vinegar, maple syrup and toss until well coated with maple syrup.
- 3 . Open the preheated fryer, place Brussel sprouts in it, close the lid and cook for 10 min until golden brown and toasted, shaking halfway.

Ingredients:

- ☐ 2 cups Brussels sprouts, ¾-inch thick sliced
- ☐ 1/4 tspn sea salt
- ☐ 1 tbspn balsamic vinegar

□ 1 tbspn maple syrup

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
66	0.3g	14.8g	3g	7.9g	0mg

Sweet Potatoes Fries

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	24 min	4

Directions:

1. Air Fryer preheat to 400 degrees F for 8 min in Air fryer mode
2. Spray oil in the fryer basket
3. Cut the potatoes in this way so that it makes ¼ inch thick fries
4. Toss with oil, garlic powder, paprika, salt, and black pepper
5. Cook in 2 to 3 batches
6. Do not overcrowd the pan
7. Cook for 8 min
8. Turn halfway
9. Enjoy!

Ingredients:

- 2 medium sweet potatoes, peeled
- 1/4 tspn sweet paprika
- 2tspn olive oil
- 1/2 tspn garlic powder
- 1/2 tspn kosher salt
- Fresh black pepper, to taste

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
78	2.4g	13.4g	1.1g	2.8g	0mg

Fabulous Crispy Fried Avocado

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	15 min	4

Directions:

1. Take a shallow bowl and add almond meal, salt
2. Pour aquafaba in another bowl, dredge avocado slices in aquafaba and then into the crumbs to get a nice coating
3. Arrange the layer on Air Fryer cooking basket, don't overlap
4. Cook for 10 min at 390 degrees F, give the basket a shake and cook for 5 min more in Air Fryer mode
5. Enjoy!

Ingredients:

- ☐ 1/2 cup almond meal
- ☐ 1/2 tspn salt
- ☐ 1 Hass avocado, peeled, pitted and sliced
- ☐ Aquafaba from 1 bean can (bean liquid)

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
81	7.1g	3.3g	2.8g	0.5g	0mg

Perfect Tasty Garlic Potatoes Fries

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>35 min</i>	<i>25 min</i>	<i>4</i>

Directions:

1. Leave the potatoes for 30 min in water. Take a paper towel and blot dry with it.
2. Use garlic powder to coat the vegetables. Spray with oil.
3. Place it into the Air Fryer. The minimum degrees to cook is at 360 degrees F for 25 min
4. Serve with mayonnaise and enjoy!

Ingredients:

- ☐ 28 ounces potatoes cut into strips
- ☐ Mayonnaise
- ☐ 2 tspns garlic powder
- ☐ Water
- ☐ Cooking spray

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
157	1.6g	33.1g	3.6g	2.9g	1mg

Delicious Kale

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>5 min</i>	<i>4</i>

Directions:

1. AirFryer preheat you're to 390 degrees F
2. Season the kale with olive oil and soy sauce
3. Cook for 3-5 min
4. Enjoy!

Ingredients:

- ☐ 4 cups kale leaves, torn into pieces
- ☐ 1tspn soy sauce

☐ 1tbspn olive oil

☐

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
64	3.5g	7.1g	2.1g	0g	0mg

Tasty Roasted Green Beans

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>10 min</i>	<i>2</i>

Directions:

1. Switch on the Air Fryer, insert the fryer basket, then shut it with the lid, set the frying temperature 400 degrees F, and let it preheat for 5 min.
2. Meanwhile, snap the green beans into half, place them in a large bowl, add oil and soy sauce and toss until well coated.
3. Open the preheated fryer, place green beans in it, spray with olive oil, close the lid and cook for almost 10 min until golden brown and toasted, shaking halfway.
4. Transfer green beans to a dish.
5. Serve straight away.

Ingredients:

☐ 8 ounces green beans, trimmed

☐ 1 tspn sesame oil

☐ 1 tbspn soy sauce

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
59	2.4g	8.7g	2.6g	1.7g	0mg

Easy Apple Cinnamon Oatmeal

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>10 min</i>	<i>2</i>

Directions:

1. Add water and oats into the fryer of Air Fryer
2. Cook in air fryer for 10 minutes at 350°F
3. Just before serving, add apple and cinnamon.
4. Stir and serve.

Ingredients:

☐ 1 cup quick oats

☐ 3 cups of water

☐ 3/4 tbspn cinnamon

☐ 2 medium apples, minced

Calories	Fat	Carbs	Protein	Sugar	Cholesterol

277	3.1g	60.6g	6.1g	23.7g	0mg
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Soulful Shishito Peppers

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
5 min	6 min	4

Directions:

1. Switch on the Air Fryer, insert the fryer basket, then shut it with the lid, set the frying temperature 390 degrees F, and let it preheat for 5 min.
2. Open the preheated fryer, place peppers in it, spray well with olive oil, close the lid and cook for 6 min until cooked and lightly charred, shaking halfway.
3. Open the lid, transfer peppers to a dish, and season with salt.
4. Serve straight away.

Ingredients:

- ☐ 20 Shishito peppers
- ☐ 1tspn salt
- ☐ Olive oil spray
- ☐

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
76	0.2g	15g	5g	10g	0mg

Scrummy Baked Polenta with Chili-Cheese

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	5 min	3

Directions:

1. Place the baking dish accessory in the Air Fryer.
2. The polenta should arrange slices in the baking dish.
3. Add the chili powder and cheddar cheese sauce.
4. Cook for 10 min at 390F and close the Air Fryer

Ingredients:

- ☐ 1 commercial polenta roll, sliced
- ☐ 1 cup cheddar cheese sauce
- ☐ 1 tbspn chili powder

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
98	4.1g	13.4g	2.6g	1.2g	1mg

Mouthwatering Thyme Potatoes

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<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
15 min	20 min	3

Directions:

1. In a bowl, add all the ingredients except lemon zest and toss to coat thoroughly.
2. Place the potatoes in the Air Fryer.
3. Set the timer for 20 min and the temperature to 400 degrees F.
4. When Time to cook is complete, transfer the potatoes into a bowl.
5. Add the lemon zest and toss to coat thoroughly.
6. Serve immediately.

Ingredients:

- ☐ 1 pound small red potatoes, cut into 1-inch pieces
- ☐ 1tbspn olive oil
- ☐ 2tspns fresh thyme, minced
- ☐ Salt and ground black pepper, as required
- ☐ 1tbspn lemon zest, grated

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
149	4.9g	24.9g	3g	1.6g	0mg

Parmesan Broccoli

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
10 min	6 min	3

Directions:

1. In a bowl, add all the ingredients and toss to coat well.
2. Arrange the broccoli florets of the Air Fryer.
5. Set the timer for 6 min and the temperature to 350 degrees F.
7. Halfway the turn over broccoli florets.
8. When Time to cook is complete, serve hot.

Ingredients:

- ☐ 1 pound small broccoli florets
- ☐ 1tbspn garlic, diced
- ☐ 2tbspns olive oil
- ☐ ¼ cup Parmesan cheese, grated

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
144	10.3g	8.2g	5.3g	1.8g	3mg

Simple Asparagus

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>

<i>10 min</i>	<i>10 min</i>	<i>3</i>
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Directions:

1. In a bowl, add all the ingredients and toss to coat thoroughly.
2. Arrange the asparagus onto a cooking tray.
3. Cook at 380°F for 7-10 minutes in the Air Fry, shake and turn asparagus halfway through cooking.
4. Serve hot and Enjoy.

Ingredients:

- ☐ 1 pound fresh thick asparagus, trimmed
- ☐ 1 tbspn olive oil
- ☐ Salt and ground black pepper, as required

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
41	4.7g	0.2g	0.1g	0.1g	0mg

Enjoyable Brussels Sprout

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>5 min</i>	<i>15 min</i>	<i>4</i>

Directions:

1. In a bowl, add all the ingredients and toss to coat well.
2. Place the Brussels Sprouts in the AirFryer.
4. Set the timer for 15 min and the temperature to 380 degrees F.
5. Serve hot and Enjoy.

Ingredients:

- ☐ 1 pound Brussels Sprouts, ends trimmed and cut into bite-sized pieces
- ☐ 1 tbspn balsamic vinegar
- ☐ 1 tbspn olive oil
- ☐ Salt and ground black pepper, as required

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
80	3.9g	10.4g	3.9g	2.5g	0mg

Tasty Spiced Zucchini

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>12 min</i>	<i>3</i>

Directions:

1. In a bowl, add all the ingredients and toss to coat well.
2. Arrange the zucchini slices in Air Fryer.
3. Cook for 12 min and to 380 degrees F.
4. Serve hot and Enjoy.

Ingredients:

- ☐ 1-pound zucchini, cut into ½-inch thick slices lengthwise
- ☐ 1 tbspn olive oil
- ☐ ½ tspn garlic powder
- ☐ ½ tspn cayenne pepper
- ☐ Salt and ground black pepper, as required

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
67	5g	5.6g	2g	2.8g	0mg

Green Beans with Carrots

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>15 min</i>	<i>10 min</i>	<i>3</i>

Directions:

1. In a bowl, add all the ingredients and toss to coat well.
2. Place the vegetables in the Air Fryer.
3. Cook in Air Fry at 380°F for 10 minutes, shake and turn halfway through.
- 10.Serve hot and Enjoy.

Ingredients:

- ☐ ½ pound green beans, trimmed
- ☐ ½ pound carrots, peeled and cut into sticks
- ☐ 1tbspn olive oil
- ☐ Salt and ground black pepper, as required

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
95	4.8g	12.9g	2g	4.8g	0mg

Enchanting Veggies Combo

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>15 min</i>	<i>16 min</i>	<i>3</i>

Directions:

1. Cut carrots into large cubes, divide broccoli and cauliflower into florets.
2. In a bowl, add all the ingredients and toss to coat thoroughly.
2. Place the vegetables in the Air Fry.
3. Cook for 8 minutes in the temperature to 350 degrees F.
4. Open the air fryer and flip the veggies. Air fry for an additional 8 minutes.
5. When Time to cook is complete, transfer to a serving plate.
6. Bon Appetit!

Ingredients:

- ☐ 1 cup baby carrots
- ☐ 1 cup broccoli florets
- ☐ 1 cup cauliflower florets

- 1tbspn olive oil
- 1tbspn Italian seasoning
- Salt and ground black pepper, as required

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
85	6.2g	7.1g	1.7g	3.3g	3mg

Pretty Turnip Mash

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>25 min</i>	<i>3</i>

Direction:

1. Preheat the AirFryer to 400 degrees F.
2. Peel the turnip and chop them.
3. Place the minced turnips in the AirFryer basket tray.
4. Add coconut butter, grated onion, salt, and coconut cream.
5. Cook the dish for 14 min. Allow the cooked turnip to chill for 5 min when the time has elapsed. Now use the hand blender to blend the turnip mixture into the mash.
6. Serve the cooked turnip mash warm.

Ingredients:

- Five turnip
- 3 ounces. coconut butter
- 1/2 white onion, grated
- 1 tspn salt
- 1 cup coconut cream

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
411	35.1g	25.3g	5.6g	12.9g	0mg

Garlic Zucchini Pate

<i>Prep Time</i>	<i>Time to cook</i>	<i>Serv</i>
<i>10 min</i>	<i>15 min</i>	<i>3</i>

Directions:

1. Peel the zucchini and grate it.
2. Now combine the grated zucchini with the salt and ground pepper and stir the zucchini.
3. Preheat the AirFryer to 390 degrees F.
4. Put the grated zucchini in the AirFryer basket tray.
5. Add olive oil and minced garlic clove and cook it for 8 min.
6. Next, stir the zucchini carefully and add butter.
7. Cook the zucchini pate for 4 min more at 400 degrees F.
8. The zucchini pate will be smooth and soft when the time has elapsed. Remove it from the AirFryer and allow it to cool to room temperature.

9. Enjoy!

Ingredients:

- 2 garlic cloves, minced
- 1tbspn coconut butter
- 1tspn salt
- 1/2 tspn ground black pepper
- 2 zucchini
- 1/2 tbspn olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
76	5.6g	6.4g	2.1g	2.6g	0mg

9. Enjoy!

Ingredients:

- 2 garlic cloves, minced
- 1tbspn coconut butter
- 1tspn salt
- 1/2 tspn ground black pepper
- 2 zucchini
- 1/2 tbspn olive oil

Calories	Fat	Carbs	Protein	Sugar	Cholesterol
76	5.6g	6.4g	2.1g	2.6g	0mg

Cocktails

Old Fashioned

Directions :

Put sugar in glass. Cover it with dashes of bitters. Add whiskey and stir until sugar dissolves. Add ice, stir again, and serve.

Ingredients:

- 2 oz bourbon or rye whiskey
- 2 dashes Angostura bitters
- 1 sugar cube or 1 tsp sugar
- Orange twist garnish

Classic Margarita

Ingredients:

- 2 oz silver tequila
- 1 oz Cointreau
- 1 oz lime juice
- Salt for the rim

Directions:

Lubricate the rim of the glass with lime, then dip it in salt so that the rim is covered. Shake the lime juice and Cointreau. Crush ice (optional) Add tequila. And serve.

Mojito

Directions:

Originating in Cuba, this refreshing rum-based sip is filled with mint and lime—a perfect combination for sipping by the pool or beach. Muddle mint into a shaker tin, then add ice and all other ingredients. Shake to chill and strain into a highball glass with ice. Top with club soda if desired and garnish with mint.

Ingredients:

- 3 mint leaves
- 2 oz white rum
- .75 oz lime juice
- .5 oz simple syrup

Whiskey Sour

Directions:

Perhaps the most refreshing whiskey cocktail, this is an old reliable favorite.

Combine ingredients in a cocktail shaker and shake (bartenders use this "dry shake" to incorporate the egg white). Add ice and shake again. Strain over ice in a rocks glass.

Ingredients:

- 2 oz whiskey
- 1 oz lemon juice
- 1 tsp sugar
- 1 egg white (optional)

Aperol Spritz

Directions:

Low on alcohol and high on refreshment, the spritz has been a crowd-pleasing favorite appetitive for more than two centuries. Though it can be made with any amaro or liqueur as a base, by far the best known version is the classic Aperol Spritz:

Mix all ingredients in a wine glass with ice and gently stir. Garnish with an orange slice.

Ingredients:

- Equal parts Aperol
- Equal parts Cinzano Prosecco
- Splash of Soda

Mimosa

Directions:

In 1925 reportedly served the first mimosa. The recipe just might be the simplest cocktail ever created. Combine equal parts of the ingredients in a champagne flute.

Ingredients:

- 2.5 oz champagne
- 2.5 oz orange juice

Paloma

Directions:

In Mexico the paloma is just as popular as the classic margarita, and with a thirst-quenching combination of tequila, lime, and grapefruit soda it's bound to become a summer favorite of yours too. Add tequila and lime to a salt-rimmed glass filled with ice. Top with grapefruit soda.

Ingredients:

- 2 oz tequila
- .5 oz lime juice
- Grapefruit soda to top

Sangria

Directions:

Sangria is a strong wine punch that is fun, fruity and delicious. This recipe is for 6 servings.

In a pitcher, combine the wine, orange slices, lemon slices, lime slices, orgeat syrup and orange juice. Stir to combine and refrigerate for at least three hours.

Add ice and club soda to fill to the top.

Ingredients

- 1 750 mL bottle red wine
- 1 orange, sliced
- 1 lemon, sliced
- 1 lime, sliced
- 1/4 cup orgeat syrup
- 1 cup orange juice, chilled
- 1 cup soda water, chilled

Ice

Sidecar

Directions:

This simple mix of brandy, lemon juice, and orange liqueur dates to the 1920s. Once you try one you'll understand why the recipe has survived so long. Shake ingredients with ice. Strain into a rocks glass or a cocktail glass with a sugar-coated rim.

Ingredients:

- 2 oz VS or VSOP Cognac
- 1 oz Cointreau
- .75 oz lemon juice

Mint Julep

Directions:

The concoction of Bourbon, a little bit of water, powdered and granulated sugar and plenty of mint has long been a very popular way to drink a cocktail. Simple yet refined. Put the mint on the bottom of a pre-chilled glass.

Add powdered sugar and water.

Muddle the mint with a muddler until the sugar dissolves.

Pour in 40 ml of bourbon.

Fill the glass with ice to the top. Stir the cocktail with a spoon until the sides of the glass (mug) are covered with perspiration.

Add 20 ml of bourbon, add some ice (to the top of the glass).

Stir lightly. Decorate with a sprig of mint.

Ingredients:

1/2 cup water.

1/2 cup white sugar.

2 tablespoons roughly sliced fresh mint leaves.

1 cup Kentucky bourbon.

2 sprigs fresh mint leaves for garnish

Mango Margarita

Directions:

You're gonna love this mango margarita on the rocks. It's made from fresh mangoes and because mangoes are naturally sweet, there's no need for added sugar. It's the perfect summer drink

1. Place the mango, lime juice, tequila, and Cointreau in a blender and blend until smooth. Add the ice and blend to the desired consistency. If the mixture is too thick to blend, let it sit and melt for a few minutes.

2. If desired, use a lime wedge to moisten the rims of the glasses and then dip the rims in a small plate of salt.

3. Pour the mango mixture into the glasses and garnish with a lime slice.

Ingredients

- 3 cups cubed frozen mango, from about 4 small mangos
- ¼ cup lime juice, plus lime slices for garnish
- 3 ounces silver tequila
- 2 ounces Cointreau
- 3 handfuls ice cubes
- Sea salt for the glass rims, optional

Boston sour**Directions:**

The Boston Sour is a whiskey sour with an egg white, which makes a frothy foam at the top! It makes an ultra-smooth flavor a beautiful look.

1. Add the whiskey, lemon juice, syrup, and egg white to a cocktail shaker without ice. Shake for 15 seconds.
2. Add ice to the cocktail shaker. Shake again for 30 seconds.
3. Strain the drink into a glass; the foam will collect at the top. Serve with ice (optional), an orange peel and a cocktail cherry.

Ingredients

- 2 ounces (4 tablespoons) whiskey

- 1 ounce (2 tablespoons) fresh lemon juice
- 3/4 ounce (1 1/2 tablespoons) pure maple syrup (or simple syrup)
- 1 egg white*
- Garnish: Orange peel and a cocktail cherry
- Ice, for serving (optional)

Smash Whiskey

Directions:

This whiskey smash is a classic cocktail that's tangy and refreshing, featuring lemon juice and mint.

1. Place the lemon wedges and mint leaves in a cocktail shaker. Muddle 4 to 5 times to extract flavor.
2. Add the whiskey and maple syrup and fill the shaker with ice. Shake until cold and strain into a glass. If desired, add a splash of soda water. Serve with crushed ice.

Ingredients

2 ounces (4 tablespoons) whiskey
 1/4 lemon, sliced into 2 wedges
 5 large mint leaves
 1 ounce (2 tablespoons) simple syrup or maple syrup
 Soda water, for serving
 Crushed ice, for serving

Cranberry Sparkler

Directions:

This refreshing drink is great on a hot day. Fill a highball glass with crushed ice.

Add the lime juice and cranberry juice.

Top with sparkling water and add an orange wedge for garish.

Ingredients:

Ice
 6 ounces of cranberry juice

Juice of one lime
2 ounces sparkling water
Orange wedge for garnish

Nonalcoholic Sangria Punch

Directions:

Sangria is a strong wine punch that is fun, fruity and delicious. Use a non-alcoholic red wine like Ariel to add a pleasant wine flavor without drinking. This recipe is for 6 servings.

In a pitcher, combine the nonalcoholic wine, orange slices, lemon slices, lime slices, orgeat syrup and orange juice. Stir to combine and refrigerate for at least three hours.

Add ice and club soda to fill to the top.

Ingredients

1 750 mL bottle of nonalcoholic red wine
1 orange, sliced
1 lemon, sliced
1 lime, sliced
1/4 cup orgeat syrup
1 cup orange juice, chilled
1 cup soda water, chilled
Ice

Alcohol-Free Bellini

Directions:

Hosting a brunch? This nonalcoholic drink is the perfect accompaniment; it tastes special occasion-ish, but even the mom-to-be can enjoy this delicious brunch mocktail. Pour the peach nectar into a champagne flute.

Slowly top with the sparkling cider.

Garnish with a peach.

Ingredients

2 ounces peach nectar
Sparkling apple cider

Peach slice for garnish

Blackberry Mojito

Directions:

Mint and blackberries are the perfect refreshing mocktail; this blend is a take-off on the traditional mojito only without the rum.

In a cocktail shaker, combine the mint sprigs and blackberry syrup; muddle.

Add the lime juice and ice. Shake to blend and chill.

Pour into a rocks glass half-filled with ice.

Top with the club soda. Stir.

Garnish with mint sprigs, lime slices, and blackberries.

Ingredients

10 mint sprigs

1 ounce blackberry syrup

Juice of 3 limes

Ice

Club soda, chilled

Mint sprigs, lime slices, and fresh blackberries for garnish

Alcohol-free passion fruit martini

Directions:

Scoop the flesh from four of the passion fruit halves into a cocktail shaker. Add the lemon juice, egg white, spirit and syrup and shake vigorously until frothy.

Add the ice, then shake again until the outside of the shaker feels cold. Double strain into martini glasses.

Top up the martinis with the grape juice and garnish with the remaining passion fruit halves.

Ingredients

3 passion fruits , halved

1 lemon , juiced

1 egg white

100ml alcohol-free spirit

2 tsp sugar syrup

handful of ice
sparkling grape juice , to serve

Negroni mocktail

Directions:

Chop the grapefruit into small chunks and put them into a saucepan along with the orange slice, sugar, 125ml water, the cardamom pods and coriander seeds. Heat the mixture until simmering and cook for around 5 mins, crushing the fruit pieces with the back of a wooden spoon as it starts to soften to release the juices. Once the fruit has softened and the white pith has faded, take it off the heat and leave to cool. If you like you can add a splash of red food colouring to the syrup at this point.

Once the syrup mixture has cooled, strain it and discard the spices and fruit pieces. Fill a tumbler with ice and pour in 25ml of the syrup, the grape juice and 25ml cold water. Stir gently until the outside of the tumbler feels cold, then garnish with a slice of orange, if you like.

Ingredients:

For the syrup base

½ grapefruit (approx 125g)

1 slice orange

125g caster sugar

3 cardamom pods, lightly crushed

pinch coriander seeds

few drops red food colouring

For the cocktail

ice

25ml white grape juice

1 slice orange (optional)

Pineapple & lime mocktail

Directions:

This exquisite cocktail will definitely fall in love with your guests. Dip a pastry brush in the honey and paint a line down one side of 4 tumblers. Sprinkle some edible gold glitter over

the honey, dust off any excess, then put the glasses in the fridge.

Chop the coriander leaves and place in a cocktail shaker with the lime juice, 100ml pineapple juice and a handful of ice. Shake together until the outside of the shaker feels cold. Strain into the glasses, add extra ice cubes and divide 650ml pineapple juice and the tonic water between the glasses.

Ingredients:

1 tsp clear honey
edible gold glitter
small bunch coriander leaves
juice 1 lime
750ml pineapple juice
a handful of ice
400ml tonic water

[Watermelon lemonade](#)

Directions:

Cut the top off the watermelon and hollow it out using a large spoon, fishing out any pips along the way. Mash the flesh through a sieve into a bowl. Put the flesh in a blender (or use a tall jug and hand blender) with the lemon juice and sugar, whizz to a purée, then stir in the soda.

Heap some ice into the hollowed-out watermelon and fill it with the lemonade mixture. Serve the rest in a jug with the lime slices and mint. Have a bowl of extra crushed ice.

Ingredients:

1 large or 2 small watermelons
250ml lemon juice (from a bottle or squeeze your own)
100g golden caster sugar
1l bottle soda water
1 lime , cut into slices
small handful mint
crushed ice

[Mediterranean Cucumber Tonic](#)

Directions

Cocktail perfect for the summer season.

In a rocks glass, muddle 1 mini-cucumber slice and fresh lemon juice. Top with ice, 2 more mini-cucumber slices, Fever-Tree Mediterranean tonic water, a squeeze from one slice of lemon, and a sprig of fresh rosemary.

Ingredient

3 mini-cucumber slices

2 teaspoons fresh lemon juice for muddling, plus one lemon slice for squeezing

4 ounces Fever-Tree Mediterranean tonic water

1 sprig fresh rosemary

Magic Moon**Directions:**

For the ice moon, freeze a mixture of orange juice and water in a bowl that's 8 inches in diameter. In a large punch bowl, gently stir together Concord-grape juice, ginger soda, seltzer, and fresh lime juice. To release the moon, dip the bottom of the frozen bowl in hot water until the ice starts to melt at the edges. Remove the bowl from the water and turn it onto a plate. Place the moon in the punch, flat-side up.

Ingredients:

- ☐ 4 cups orange juice
- ☐ 4 cups water
- ☐ 8 cups Concord-grape juice
- ☐ 4 1/2 cups (3 cans) ginger soda
- ☐ 3 cups (2 cans) seltzer
- ☐ 1/4 cup fresh lime juice

Sparkling Pear Punch**Directions:**

Pour pear juice into large punch bowl.

Add lemon juice.

Stir in sugar.

Mix in ginger ale and top with fresh sliced pear.

Ingredients:

- ☐ 2 cups pear juice
- ☐ Juice of 1 lemon
- ☐ 1/2 cup sugar
- ☐ 2 liters ginger ale
- ☐ Sliced fresh pear

Stir in sugar.

Mix in ginger ale and top with fresh sliced pear.

Ingredients:

- ☐ 2 cups pear juice
- ☐ Juice of 1 lemon
- ☐ 1/2 cup sugar
- ☐ 2 liters ginger ale
- ☐ Sliced fresh pear

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